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Tuesday

MARCH 27, 2012 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

AP

OPENING ARGUMENTS

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A MAJOR ADVANCE

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BLOND AMBITION

Madonna shows her personal side, and the results aren't pretty 23

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JOHN MCDONNELL/TWP

Yeah!

Alex Ovechkin is starting to look like his old self as the Capitals fight to make the playoffs 11

eo

eye openers

DIY HEADLINE

Insert 'Exercise'/'Exorcise' Pun

Detroit is nearly broke, and the mayor is recovering from surgery. Maybe it's because of an evil red dwarf suspected of casting a spell after being struck with a cane by one of the city's founders, Antoine Cadillac, centuries ago. Some 3,000 people in masks, feathers and beads turned out Sunday for the third annual parade to rid Detroit of the curse. Some townspeople carried pitchforks. (AP)

FALSE ALARMS

Ninja Violence Not Sweeping the Nation

West Covina, Calif., police say two people in ninja costumes robbed a medical marijuana delivery man Friday. The victim had just made a delivery to a patient and was headed to his car when the pair confronted him and chased him with batons. Police said they know of no other ninja-style thefts recently. (AP)

PARENTING

Let Us All Take a Moment of Silence to Judge These People

Organizers of an annual Easter egg hunt in Colorado Springs, attended by hundreds of children, have canceled this year's event, citing the behavior of aggressive parents who swarmed into the tiny park last year, determined to ensure their kids would get an egg. Organizers say the hunt has outgrown its original intent of being a neighborhood event. (AP)

The Big Picture

KEN BOHN/SAN DIEGO ZOO/AP

'IS THIS SHOOT OVER? THEN GET THIS THING OFF ME': Mac Jarman, 5, of La Mesa, Calif., reacts as a Giant Owl butterfly perches on him at San Diego Zoo Safari Park's Butterfly Jungle on Friday. The three-week festival runs through April 15. (AP)

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Nation

OBAMACARE CHALLENGED THE LATEST DEVELOPMENTS

THE CASE
The Supreme Court plunged into debate on the fate of the Obama administration's overhaul of the nation's health care system.

THE GIVE AND TAKE
The justices on Monday questioned lawyers about whether the case has been brought prematurely, because a 19th-century law bars tax disputes from being heard in the courts before taxes are paid.

THE VERDICT
A decision is expected by late June, in the midst of a presidential election campaign in which all of Obama's Republican challengers promise to repeal the law if the court hasn't struck it down first.

TAKE A LISTEN Audio of Monday's arguments can be found online at **bit.ly/GSXEpf.** The Supreme Court will release arguments each day they take place.

JACQUELYN MARTIN/AP

Linda Dorr, of Laguna Beach, Calif., center, demonstrates Monday against the health care law outside of the Supreme Court in D.C.

Justices Debate Health Care Law

Supreme Court discusses whether an obscure tax law could derail case

Washington

As demonstrations swirled outside, Supreme Court justices signaled on Monday that they are ready to confront without delay the keep-or-kill questions at the heart of challenges to President Obama's historic health care overhaul. Virtually every American will be affected by the outcome, due this summer in the heat of the election campaign.

On the first of three days of arguments — the longest in decades — none of the justices appeared to embrace the contention that it was too soon for a decision.

The justices debated whether an obscure tax law could derail the case. The 19th-century Anti-Injunction Act bars tax disputes from being heard in the courts before the taxes have been paid.

Under the new health care law, Americans who don't purchase health insurance would have to report that omission on their tax returns for 2014 and would pay a penalty along with federal income tax on returns due by April 2015. Among the issues facing the court is whether that penalty is a tax.

Solicitor General Donald Verrilli Jr., defending the health law, urged the court to focus on what he called "the issues of great moment" at the heart of the case. The 26 states and a small-business group challenging the law also want the court to go ahead and decide on its constitutionality without delay.

But one lower court that heard the case, the federal appeals court in Richmond, Va., has said the challenge is premature. No justice seemed likely to buy that argument Monday.

95%
The percentage of the U.S. that will have health insurance by 2019 if the health care law is allowed to take full effect, the Congressional Budget Office estimates. (AP)

The justices fired two dozen questions in less than a half-hour at Washington attorney Robert Long, who was defending the appeals court ruling.

"What is the parade of horribles?" asked Justice Sonia Sotomayor, if the court were to decide the penalties were not a tax and the case went forward? Long suggested that could encourage more challenges to the long-standing system in which the general rule is that taxpayers must pay a disputed tax before they can go to court.

A decision is expected by late June as Obama fights for re-election. All of his Republican challengers oppose the law and promise its repeal if the high court hasn't struck it down in the meantime.

MARK SHERMAN (AP)

The Scene

Outside the courtroom, demonstrators on both sides — doctors in white coats, Tea Party patriots, Rick Santorum and even a four-man brass band — showed up at the Supreme Court on Monday. By the time the court's oral arguments began, more than 100 people had gathered in support of President Obama's health care law. More than a dozen opponents of the law mixed in, carrying signs that protested "Obamacare." (AP)

In Brief

WASHINGTON

Top Obama Donors Visit White House Frequently

More than half of President Obama's top campaign fundraisers have visited the White House at least once for meetings with top advisers, holiday parties or state dinners, according to a review by The Associated Press, despite Obama's past criticisms of Washington's pay-for-access privileges. (AP)

HARDY, ARK.

Searchers Scour Scouts Camp for Missing Boy, 4

Linn

Searchers were holding out hope Monday of finding 4-year-old Caleb Linn alive; he went missing from a northeastern Arkansas Boy Scouts camp, walking through the woods where he was last seen. (AP)

NEW ORLEANS

Report: Oil Spill Culprit For Heavy Toll on Coral

In a study published Monday, scientists say they can definitively say oil from BP's blown-out well in 2010 was the culprit for the widespread damage and the slow death of a deep-sea coral community in the Gulf of Mexico. (AP)

LUBBOCK, TEXAS

Company Suspends 'Pink Slime' Operations

Beef Products Inc., which makes "pink slime," suspended operations Monday at three of four plants where the beef ingredient is made, saying officials would work to address recent public concern about the product. (AP)

WASHINGTON

Lawmakers: Airport Screeners Ineffective

During a hearing, House members of both parties said Monday that the Transportation Security Administration uses ineffective tactics and treats travelers like prisoners and cattle. TSA officials said they had made significant improvements. (AP)

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MASTERS IN APPLIED ECONOMICS

Nation

Mother: Police Vilifying Fla. Teen

Martin's family says report of suspension was leaked to media

Sanford, Fla.

The family and supporters of slain Florida teenager Trayvon Martin found themselves on the defensive Monday following revelations he had been suspended for marijuana before he was shot to death by a neighborhood watch volunteer. Police also confirmed a report that the watchman claimed Martin was the aggressor, punching him in the nose and smacking his head on a sidewalk.

Martin, 17, was suspended by Miami-Dade County schools because traces of marijuana were found in a baggie in his book bag, family spokesman Ryan Julison said. Martin was serving the suspension when he was shot Feb. 26 by George Zimmerman, who was patrolling the neighborhood that Martin was visiting with his father.

Martin's mother, Sybrina Fulton, and family attorneys blamed police for leaking the information about the marijuana and Zimmerman's claim about the attack to the news media in an effort to demonize the teenager: "They killed my son and now they're trying to kill his reputation," Fulton said.

The Sanford Police Department insisted there was no authorized release of the new information but acknowledged there may have been a leak. City Manager Norton Bonaparte Jr. said it would be investigated and the person responsible could be fired.

The Orlando Sentinel reported Monday that Zimmerman told police he lost Trayvon Martin in the neighborhood and was walking back to his vehicle when the youth approached him from behind. The two exchanged words, Zimmerman said, and Martin then punched him, jumped on him and began banging his head on a sidewalk. Zimmerman said he cried for help; Martin's family thinks it was their son who was crying out. Witness accounts differ. MIKE SCHNEIDER (AP)

Meanwhile

'Very Sorry'

Speaking on ABC's "Good Morning America," a man identified as a friend of George Zimmerman said Monday the neighborhood watch volunteer would tell Trayvon Martin's parents he's "very, very sorry" if he could. Joe Oliver said Zimmerman is not a racist. "This is a guy who thought he was doing the right thing at the time and it's turned out horribly wrong," Oliver said. (AP)

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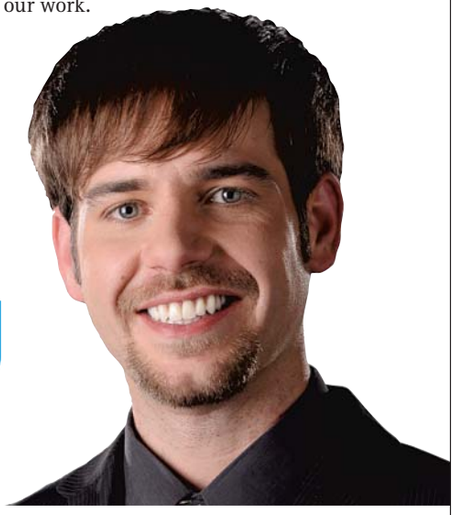

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The purpose of this study is to look for changes in the blood that may reveal the extent of brain injury and how the brain changes after injury. Participation requires two six-hour outpatient visits to the NIH Clinical Center and will include resonance imaging (MRI), positron emission tomography (PET) scans of the brain, and neuropsychological tests.

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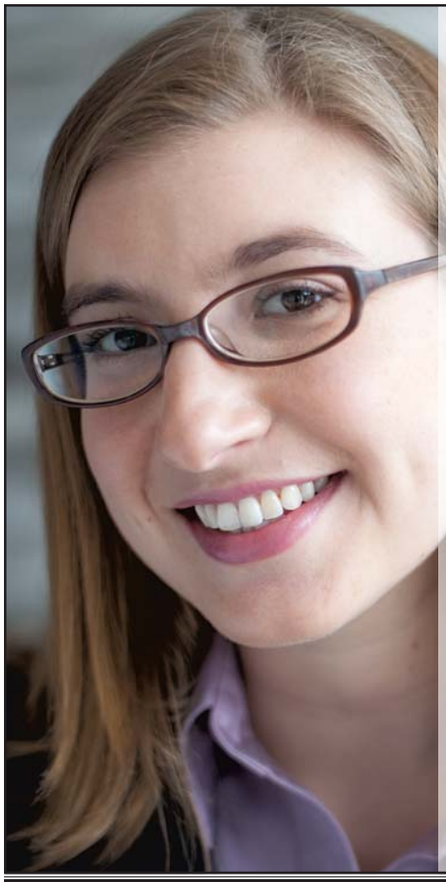

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Nation

Surgery Can Put Diabetes on Hold

Studies: Operations worked better, faster than medicine alone

Chicago

New research gives clear proof that weight-loss surgery can reverse and possibly cure diabetes, and doctors say it should be offered sooner to more people with the disease — not just as a last resort.

The two studies, released on Monday, are the first to compare stomach-reducing operations such as gastric bypass to medicines alone for "diabesity" — Type 2 diabetes brought on by obesity. Millions of Americans have this and can't make enough insulin or use what they do make to process sugar from food.

In studies published online by the New England Journal of Medicine, researchers found that surgery helped far more patients achieve normal blood-sugar levels than medicines alone did. The results were dramatic: Some people were able to stop taking insulin as soon as three days after their operations. Cholesterol and other heart risk factors also greatly improved.

"It is a major advance," said Dr. John Buse of the University of North Carolina at Chapel Hill, a prominent diabetes expert who had no role in the studies. MARILYNN MARCHIONE (AP)

Treating Type 2

The diabetes studies that show stomach-reducing operations can cure Type 2 diabetes "are likely to have a major effect on future diabetes treatment," two diabetes experts from Australia, Dr. Paul Zimmet and George Alberti, wrote in a New England Journal of Medicine editorial. Surgery "should not be seen as a last resort" and should be considered earlier in treating obese people with diabetes, they wrote. (AP)

Hearsay

"I don't think anything will really change my mind in believing that he did not do this. This is not what it appears to be."

— **KARILYN BALES,** SPEAKING MONDAY TO MATT LAUER ON NBC "TODAY" ABOUT HER HUSBAND, SAFF SGT. ROBERT BALES, WHO IS ACCUSED OF KILLING 17 AFGHAN CIVILIANS.

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World

In Brief

NAIROBI, KENYA

Officials: Oil Discovered In Kenya for the 1st Time

Kenyan President Mwai Kibaki announced Monday that oil has been found in his East African nation for the first time, and a foreign oil firm said the find is similar to the valuable light crude discovered in nearby Uganda. The discovery was made over the weekend. (AP)

LILLE, FRANCE

Strauss-Kahn Charged In Prostitution Probe

Dominique Strauss-Kahn was handed preliminary charges Monday alleging he was involved in a French prostitution ring, his lawyer said. The former International Monetary Fund chief is denying wrongdoing. (AP)

BOGOTA, COLOMBIA

35 Rebels Slain in Attack

Colombia's military killed 35 rebels in the predawn bombing of a guerrilla camp Monday, officials said, a second major blow in less than a week to the nation's main guerrilla force. Commandos also captured five insurgents, the military said. (AP)

Hearsay

"I carry in my heart the just aspirations and legitimate desires of all Cubans, wherever they may be."

— **POPE BENEDICT XVI,** SPEAKING MONDAY AFTER ARRIVING IN SANTIAGO, CUBA, FOR A THREE-DAY VISIT, AND EXPRESSING SYMPATHY FOR ALL ISLANDERS, INCLUDING PRISONERS.

Remark Signals Confident Obama

GOP voices concern over candid words at defense summit

Seoul, South Korea

President Obama told Russia's leader Monday that he would have more flexibility after the November election to deal with the contentious issue of missile defense, a candid assessment that was picked up by a microphone without either leader apparently knowing.

Obama's Republican opponents pounced on the comment, saying the president has a hidden agenda that could include concessions to Moscow if he is re-elected.

Obama and Medvedev did not intend for their comments, made during a meeting in Seoul, South Korea, to be made public.

Once they were, the White House said Obama's words reflected the reality that domestic political concerns in both the U.S. and Russia this year would make it difficult to fully address long-standing differences over missile defense. Obama, should he win re-election, would not have to face voters again.

"This is my last election. After my election, I have more flexibility."

— **PRESIDENT OBAMA,** SPEAKING TO RUSSIAN PRESIDENT DMITRY MEDVEDEV IN AN UNSCRIPTED MOMENT PICKED UP BY CAMERA CREWS ON MONDAY. MEDVEDEV REPLIED, "I UNDERSTAND. I WILL TRANSMIT THIS INFORMATION TO VLADIMIR," AN APPARENT REFERENCE TO PRIME MINISTER VLADIMIR PUTIN, WHO RETURNS TO THE PRESIDENCY THIS SPRING.

Backstory

President Obama's visit to South Korea for a nuclear security summit was billed as a trip about securing atomic material. North Korea is not even directly on the agenda, but Obama's visit morphed into a concentrated effort to warn and push North Korea to change course. **(AP)**

The president's comments gave the GOP an opening to question his sincerity and long-range plans.

Rep. Mike Turner of Ohio wrote to Obama requesting an "urgent explanation of [his] comments," and GOP frontrunner Mitt Romney called the unguarded comments a "troubling development." He later issued a statement saying Obama "needs to level with the American public about his real agenda."

Republicans, who have fiercely fought Obama on health care and taxes, are eager to deny him any political victories in a season in which they think the White House is within reach, though Obama's remarks suggested he feels good about his re-election prospects. ANNE GEARAN AND CHARLES BABINGTON (AP)

Police in India Detain Tibetan Protesters

MANISH SWARUP/AP

A TIBETAN NUN IN EXILE FIGHTS AGAINST RIOT POLICE during a protest Monday in New Delhi. Earlier in the day, a Tibetan exile lit himself on fire in the Indian capital, following dozens of self-immolations done in China in protest of its rule over Tibet. The demonstrations came two days ahead of a visit by Chinese President Hu Jintao.

Pakistan Poised To Charge Bin Laden Relatives

Islamabad

A Pakistani court is set to charge five members of Osama bin Laden's family with illegally entering and living in the country, their defense lawyer said Monday.

The al-Qaeda chief's family has been in Pakistani detention since May, when U.S. commandos raided the house where they were living in the northwest town of Abbottabad and killed bin Laden.

A Pakistani court will charge three of bin Laden's widows and two of his daughters on April 2 when the hearing against them resumes, their lawyer said.

Pakistani legal experts have said the maximum punishment the women could receive is five years in jail. (AP)

$270B

The temporary increase in Europe's bailout fund, which would raise it to about $930 billion, that Germany said Monday it would endorse, backing down from its earlier resistance. Still, the move may not be enough to convince markets that the eurozone is doing enough to contain its debt crisis. (AP)

World

RECORDS

Row, Row, Row ...

It took 76 days, and he capsized at one point, but Gabor Rakonczay has become the first person to paddle across the Atlantic Ocean from Europe to the Caribbean in a canoe. Rakonczay left Lagos, Portugal, on Dec. 21, stopping briefly in the Canary Islands for rest and supplies, and reached Antigua on Sunday, he said Monday. The London-based Ocean Rowing Society International confirmed the feat. (AP)

For Pakistan, 'India's James Bond' a Taboo

Islamabad

The character considered "India's James Bond" can disarm a bomb while flying a helicopter, dodge bullets from deadly assassins and save his country from nuclear disaster. But getting into cinemas in neighboring Pakistan has proved an impossible feat.

Pakistan banned the Indian film "Agent Vinod" a few days before its scheduled release, likely due to its portrayal of the country's generals and spies, who are shown aiding the Taliban in Afghanistan and scheming to set off a nuclear bomb in archenemy India's capital.

"It was our judgment that it should not be allowed to be screened," Muhammad Ashraf Gondal of Pakistan's Film Censor Board said Monday.

The film was scheduled to open last week in Lahore and Karachi.

"Agent Vinod is for Indians, but it is not against Pakistanis," said the movie's lead actor and co-producer, Saif Ali Khan, in an interview with the Indo-Asian News Service. "But I understand if they get upset, because we are beating them up quite often in the film."

Pakistani journalist Huma Yusuf wrote a column in Dawn newspaper Monday saying Pakistan should support forms of entertainment that explore controversial issues rather than block them.

"They may be the only tools at the disposal of Pakistani society to stem the rising tide of hate, religious intolerance and ethnic differentiation," Yusuf wrote.

SEBASTIAN ABBOT (AP)

Backstory

"Agent Vinod," a Bollywood film named for its main character, a spy from India's Research and Analysis Wing, is not the first to be prohibited in Pakistan. Islamabad banned all Indian movies in 1965 after a bloody war between the two countries. It lifted the measure in 2008 but has continued to block individual films, including an Indian comedy about Osama bin Laden in 2010, claiming it could spark attacks. (AP)

80%

The number of homicides in Mexico that go unpunished, partly because authorities focus on easier, less serious cases, a report published Monday found. The study conducted by the group Mexico Evalua also found that 96.4 percent of murders in the country's northern Chihuahua state fail to yield prison sentences. (AP)

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World

NATO: 2 Rogue Afghans Kill 3 Coalition Troops

Kabul, Afghanistan

Afghan security forces killed three foreign troops, including two British soldiers, on Monday — the latest in a growing number of attacks in which Afghan forces have turned their guns on their international partners.

The top commander of U.S. and NATO forces in Afghanistan said such attacks were to be expected when fighting insurgencies.

The two British service members were gunned down by an Afghan soldier in front of the main gate of a joint civilian-military base in southern Afghanistan, according to the U.S.-led coalition. Another NATO service member, whose nationality was not disclosed, was shot dead at a checkpoint in eastern Afghanistan by a man who was believed to be a member of a village-level fighting force the U.S. is fostering in hopes of countering the Taliban insurgency.

Allegations that a U.S. soldier killed 17 Afghan civilians in a shooting spree earlier this month also has stoked sentiment against foreign forces. HEIDI VOGT (AP)

Backstory

International forces have faced a series of so-called green-on-blue attacks, in which Afghan security forces have gunned down their foreign colleagues. Such strikes have become increasingly common over the past year, and 16 NATO service members have been killed by Afghan security forces or militants disguised as such this year. (AP)

1.3M **The number of cars worldwide that BMW is recalling** because of a battery cable covering in the trunk that, in rare cases, was incorrectly installed, the company said Monday. The defect, found in 5- and 6-series cars from the 2003 to 2010 model years, could, in extreme cases, lead to a fire. (AP)

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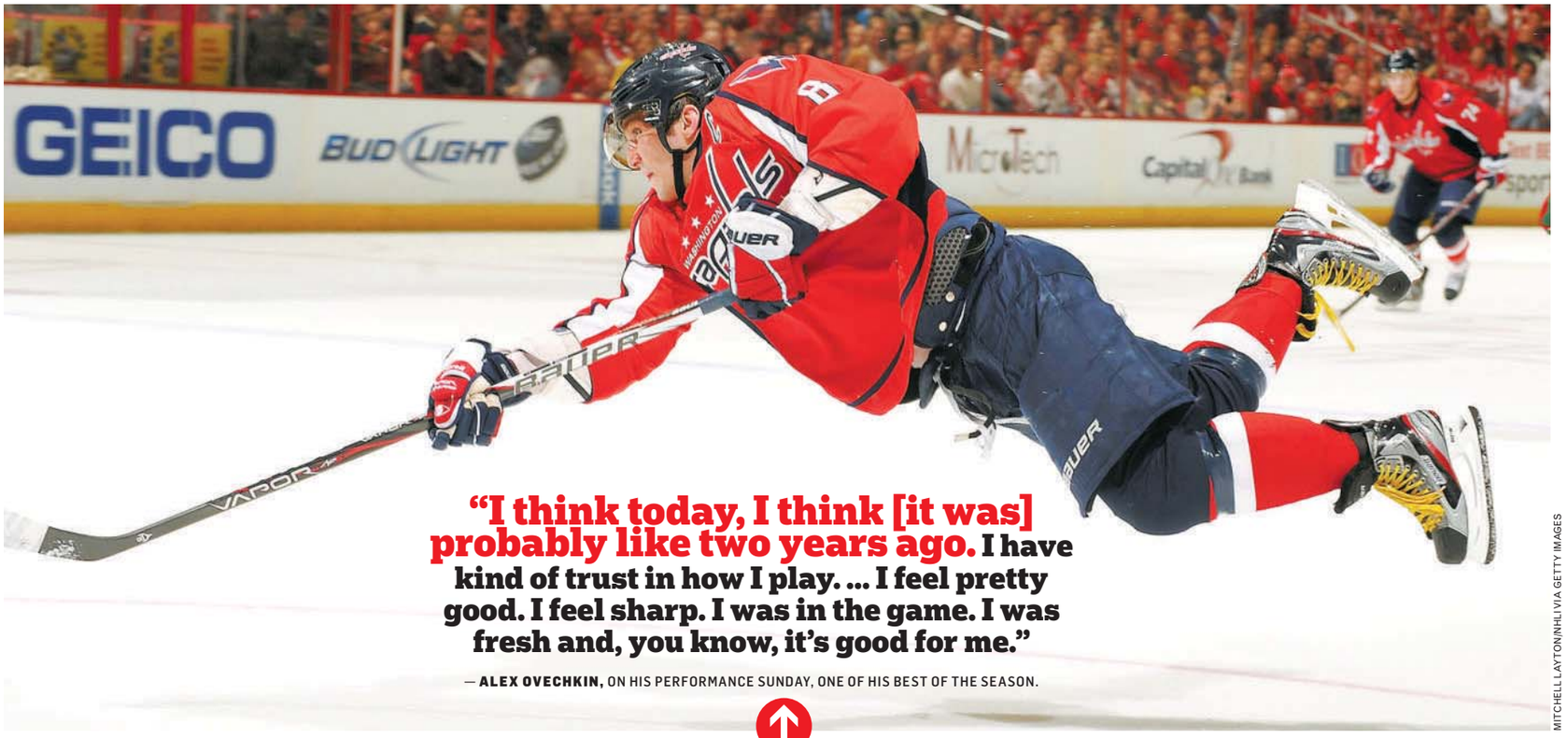

"I think today, I think [it was] probably like two years ago. I have kind of trust in how I play. ... I feel pretty good. I feel sharp. I was in the game. I was fresh and, you know, it's good for me."

— **ALEX OVECHKIN,** ON HIS PERFORMANCE SUNDAY, ONE OF HIS BEST OF THE SEASON.

MITCHELL LAYTON/NHLI VIA GETTY IMAGES

Just Like Old Times

Ovechkin shows flashes of his past greatness at a pivotal time for the Caps

The Capitals

Alex Ovechkin was everywhere. He scored a goal. He had an assist. He played on two lines and was on the ice for nearly half the game. And, when the Minnesota Wild had a short-handed break, he hustled back and slid to break up Mikko Koivu's shot on the 2-on-1 break.

"It was a great slide. Like he was playing 'D' all his life," Capitals coach Dale Hunter said.

Ovechkin is Alexander the Great once again, and his resurgence couldn't be more timely for the Capitals, who beat the Wild 3-0 on Sunday to pull back into the final Eastern Conference playoff spot.

The Capitals are tied again on points with the Buffalo Sabres for eighth in the East, with Washington holding the tiebreaker. The two teams meet at Verizon Center on Tuesday night with just six games to go in the regular season.

For much of the past two seasons, the open question has been whether Ovechkin would ever return to the form that earned him two league MVP awards and made him the biggest goal-scoring threat in the NHL. While it may be premature to say Ovechkin is back to his old self for good, the early returns are promising.

Beginning with his overtime winner against the Lightning on March 8, he's produced nine goals in seven games, or 43 percent of the team's offensive output during that span.

The 10 goals he's recorded in March, in fact, are the most Ovechkin has notched in a single month since he notched 14 in October 2009, while the five-game goal scoring streak is his longest since Jan. 31-Feb. 7, 2010.

And although he remains on pace for the lowest point total in his career, he's re-emerged on the league leaders list for goals, vaulting into a tie for fourth place with the Maple Leafs' Phil Kessel, just one behind the Rangers' Marian Gaborik for third.

Now the question is whether Ovechkin can boost the Capitals past Ryan Miller and the surging Sabres, who have won four in a row and gained points in eight straight (6-0-2).

A victory Tuesday would give Washington a two-point edge in the race for the Eastern Conference's final playoff berth with five games remaining for both clubs. Two points also could potentially pull Ovechkin and Co. to within a point of the Southeast Division-leading Florida Panthers.

So it could be argued that the Sabres game is the most important regular season contest the Capitals have played since March 2008. It might not be much of a stretch to call it one of the most important nights of Ovechkin's tenure as team captain.

"It's going to be the biggest game of the year, for sure," said Mathieu Perrault, who scored the Capitals' second goal, "and we're going to be ready for it."

(AP/THE WASHINGTON POST)

Ovi's Big Game

26:19

In Sunday's victory, Alex Ovechkin played 26 minutes, 19 seconds, his second-highest total of the season. He recorded a goal, an assist and attempted 14 shots on goal — twice as many as anyone else — and even tried to score while flying through the air a la Superman, above. The most important sequence came during the Capitals' second-period power play, when he broke up the breakaway and then got the secondary assist on Mathieu Perrault's goal that made the score 2-0. (AP/TWP)

Career Stats

	GAMES PLAYED	GOALS	ASSISTS	PTS
2005-06	81	52	54	106
2006-07	82	46	46	92
2007-08	82	65	47	112
2008-09	79	56	54	110
2009-10	72	50	59	109
2010-11	79	32	53	85
2011-12	72	36	25	61

DC Rider

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Knocking Train-Door Rules

Q It is my impression that Metro's door-opening procedures are awkward and inefficient. I found it interesting to observe the Underground in London and Métro in Paris. In both cases the doors appear to start opening a fraction of a second BEFORE the train comes to a complete stop.

In Paris it used to be that the older cars allowed riders to operate the doors manually. Some people would open the doors while the train was still in the tunnel, and then the rider would make a running leap onto the platform. I think we don't want our system to be that exciting.

Q There are so many complaints about Metro not keeping subway car doors open long enough. Does the train schedule allow the operators more time for stops at major transfer points, like Metro Center?

Metro did make an adjustment in the Red Line schedule to try to bring it into line with the realities of how long it takes to get a train through downtown D.C. The adjustment also included putting more space between the trains — decreasing the total number of trains per hour — and making more eight-car trains. I think the bigger problem with scheduling now is on the Orange Line.

Q Where is the best place to park to go see the cherry blossoms on a weekday morning? We're not convenient to a Metro stop.

There's nothing about visiting the Tidal Basin that's particularly convenient. Almost certainly, you'll need two forms of transportation to see the blossoms. You might drive to a Metro station, take the train and then walk. You might park downtown, take a bus and then walk. You might park downtown, then walk to the basin. You might park at Hains Point, then board the shuttle bus. You might get lucky and find a street meter space on Independence Avenue, but then you'll have to walk.

Q Are other American public transit agencies as dysfunctional as Metro? Or are we special in that regard?

I've had experience with many U.S. and international transit systems, but find it very hard to compare them with Metro. Sometimes it's difficult to figure out who to blame when things go wrong here. Is it the fault of the current generation of transit staff and transit policymakers or the people who designed the system, four decades ago?

Q Has the 'walk left/stand right' escalator rule become unofficial again? I don't see it brought up in your chats as much as I used to.

I know you'll see it again over the next few weeks as the tourists arrive for the cherry blossoms.

Q Past chats/columns have discussed Metro's philosophy on the direction of escalators. Is there a similar policy regarding fare gates? At Metro Center it seems like every day there is a different number of gates set for exiting and entering.

I will ask about a fare-gate policy. Just to review for others what you mentioned about the escalator use: Many riders complain about the direction of the escalators. They say they should be adjusted to match the flow at rush hour. Metro has several reasons for using a configuration that has two going up and one going down all the time at many stations. The transit authority puts a priority on getting people out of the stations. Also, the escalators are more likely to break down if the direction is reversed frequently.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.

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HEALTHY FEMALE VOLUNTEERS NEEDED

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Local

Female Condoms Lauded in D.C.

Report: Increased use helped to reduce HIV cases, saved city $6M

Washington

An effort by the District of Columbia to increase the use of female condoms, the lesser-known equivalent of the male condom, likely prevented 23 new HIV infections and saved taxpayers $6 million in its first year, according to a new study.

The study, conducted by the Johns Hopkins Bloomberg School of Public Health and the D.C. Department of Health, was published online in the scientific journal AIDS and Behavior last week.

It says taxpayers saved millions because three out of every four HIV-positive individuals receiving treatment are getting health care through taxpayer-funded programs such as Medicaid.

The study was paid for by the Female Health Company, the makers of the female condom.

The researchers' calculations used such factors as the prevalence of HIV and the rates of sexually transmitted infections in the District.

The cost analysis also used a health department estimate that about two-thirds of the condoms were used during sex.

The study's lead author, David Holtgrave, said the study shows female condoms are an important part of a comprehensive HIV and AIDS prevention program, as well as a "cost-saving investment of public health dollars." JESSICA GRESKO (AP)

Backstory

Health officials in D.C. and community groups began to push for increased female condom use and education in 2010. Community groups began handing out hundreds of thousands of the flexible pouches, which are wider than a male condom but similar in length, at information sessions in the city. Officials promoted them on posters on hundreds of city buses, and the pharmacy chain CVS also began selling them at city drugstores. (TWP)

Police: Overall Crime Down in Alexandria

Alexandria

Alexandria recorded its lowest crime levels in more than four decades last year, with homicides and assaults going down, but some categories are on the rise.

Homicides decreased from three in 2010 to one last year; assaults dropped 10 percent year-over-year and larceny dipped by 5 percent, according to data released Monday morning by Alexandria police.

But rapes and robberies increased slightly, and auto theft went up by about 33 percent.

The single homicide last year was community activist Lenny Harris, who disappeared in September from the Charles Houston Recreation Center in Alexandria. His body was recovered in Prince George's County in January.

Alexandria Police Chief Earl L. Cook released a statement saying he was happy with the 1.6 percent drop in overall serious crimes.

"I am pleased to announce that the city of Alexandria experienced yet another historic low for crime in 2011," Cook said. "Our success in continuing to reduce crime and improve the quality of life in our neighborhoods is a direct result of the quality, hard work and dedication of our sworn, civilian and volunteer staff." ALLISON KLEIN (THE WASHINGTON POST)

First Lady Hosts Visit to Garden

BRENDAN SMIALOWSKI/AFP/GETTY IMAGES

THE FIRST LADY LETS GIRL SCOUTS smell herbs in the White House garden off the South Lawn Monday. Michelle Obama welcomed kids from across the country for the fourth annual White House Kitchen Garden spring planting.

The Lotteries

Monday, March 26

Maryland

Mid-day Pick 3	0-3-5
Evening Pick 3 (Sun.)	7-5-4
Mid-day Pick 4	8-1-2-3
Evening Pick 4 (Sun.)	1-5-8-4
Match 5 (Sun.)	2-12-13-23-30 (15)

District

Mid-day Lucky Numbers	9-1-9
Evening Lucky Numbers (Sun.)	4-2-8
Mid-day DC 4	1-0-2-7
Evening DC 4 (Sun.)	8-6-1-3
Mid-day D.C. Five	0-9-5-3-7
Evening D.C. Five (Sun.)	1-1-8-4-2

Virginia

Mid-day Pick 3	4-2-4
Evening Pick 3 (Sun.)	3-7-1
Mid-day Pick 4	6-5-5-1
Evening Pick 4 (Sun.)	4-3-8-4
Mid-day Cash 5 (Sun.)	8-19-23-28-31
Evening Cash 5 (Sun.)	4-5-14-20-27

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Unusual Endorsement: Republican Patrick Mara on Monday endorsed his former rival, Democrat Sekou Biddle, left, in the April 3 Democratic primary for an at-large seat on the D.C. Council. Mara, a school board member from Ward 1, faced Biddle and Council member Vincent B. Orange, D-At large, in last year's special election. Biddle, who finished third behind Orange and Mara in that race, is now trying to unseat Orange as he seeks a full-term. (TWP)

The HAMILTON LIVE
UPCOMING PERFORMANCES
TUESDAY, MARCH 27 VAN HUNT W/ VINTAGE TROUBLE
WEDNESDAY, MARCH 28 MELANIE FIONA SOLD OUT
THURSDAY, MARCH 29 RYAN MONTBLEAU THE BAND OF HEATHENS
FRIDAY, MARCH 30 PAUL BARERRE & FRED TACKET OF LITTLE FEAT
SATURDAY, MARCH 31 MINDI ABAIR
SUNDAY, APRIL 1 & 15 10AM & 12:30PM LIVE GOSPEL BRUNCH
SUNDAY, APRIL 1 JESSE MALIN W/ VINCE SCHEUERMAN
TUESDAY, APRIL 3 ROGER CREAGER
WEDNESDAY, APRIL 4 JONNY CORNDAWG W/ SHOVELS AND ROPE AND ROBERT ELLIS
THURSDAY, APRIL 5 SCRAPOMATIC
SATURDAY, APRIL 7 PEGI YOUNG W/ MEGAN MCCORMICK
MONDAY, APRIL 9 VAN DYKE PARKS
THURSDAY, APRIL 12 TOURE-RAICHEL COLLECTIVE
FRIDAY, APRIL 13 SHEMEKIA COPELAND
SATURDAY, APRIL 14 JAVON JACKSON & LES McCANN: SWISS MOVEMENT REVISITED
THURSDAY, APRIL 19 SISTER SPARROW & THE DIRTY BIRDS W/ CRIS JACOBS BAND
FRIDAY, APRIL 20 EMPRESSARIOS W/ ALMA TROPICALIA
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Local

Car-Sharing Scene Gets Crowded

Two companies add vehicles to market Zipcar had cornered

Washington

Car-sharing companies may soon be sharing their customers, now that two new services have set up shop in Washington.

Car2go, a subsidiary of Daimler, expanded to the District on Saturday with a fleet of 200 Smart cars. Earlier this year, Hertz launched its own car-sharing service, On Demand, in Washington with 25 vehicles.

Zipcar, which arrived in the District in 2000, now has about 800 cars in the area.

CHIP SOMODEVILLA/GETTY IMAGES

Car2go, a Daimler subsidiary, launched its car-sharing program in D.C. on Saturday.

"D.C. just makes a lot of sense for us. There's a dense population ... not much parking."

— **NICHOLAS COLE,** HEAD OF CAR2GO NORTH AMERICA, A DAIMLER SUBSIDIARY.

Unlike Zipcar, which requires that vehicles be picked up and dropped off at specific locations, Car2go allows users to leave cars at any metered parking spot in D.C.

"Our cars are truly free-floating," said Nicholas Cole, head of Car2go North America. "You can pick up a car ... drive across town ... and leave it there."

ABHA BHATTARAI (THE WASHINGTON POST)

Police: Woman Charged in D.C. IHOP Shooting

Washington

A 27-year-old woman has been arrested in a shooting at a District of Columbia restaurant this month that police believe was motivated by anti-gay bias.

Police on Monday announced the arrest of LaShawn Carson. She's been charged with aggravated assault while armed in a March 11 shooting at an International House of Pancakes restaurant in Columbia Heights.

Police believe the shooting followed an argument that involved anti-gay epithets. It'll be up to prosecutors to determine whether to prosecute the case as a hate crime. Councilmember Jim Graham, D-Ward 1, who represents the area, said the shooting was an "insane crime." (AP)

36 **The age of WMATA's Metro rail system,** which is celebrating a birthday Tuesday. The system opened on March 27, 1976. The system, which took less than seven years to build, opened with five stations, all on the Red Line from Rhode Island Avenue to Farragut North. The base fare when the system first opened was 55 cents. (EXPRESS)

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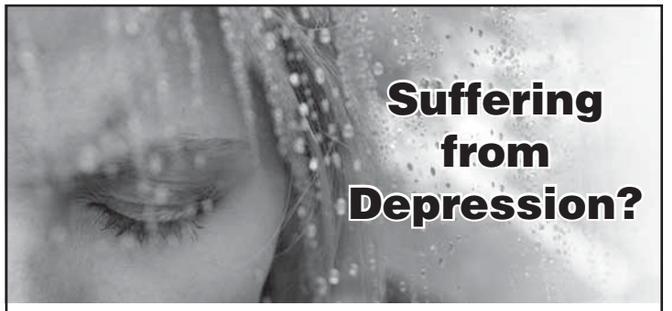

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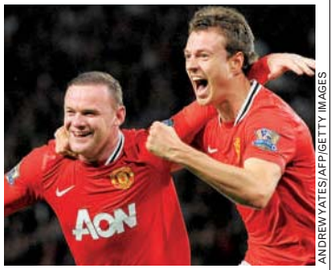
Sports

In Brief



ANDREW YATES/AFP/GETTY IMAGES

Manchester's Wayne Rooney, left, and Jonny Evans celebrate Rooney's goal.

SOCCER

United Takes 3-Point Lead in Premier League

Wayne Rooney sent Manchester United three points clear in the Premier League on Monday, scoring a first-half goal in a 1-0 victory over Fulham to earn the reigning champions their sixth straight league win. (AP)

HORSE RACING

Baffert Has Heart Attack

Hall of Fame horse trainer Bob Baffert had a heart attack early Monday in Dubai, where he was preparing to run Game On Dude in the $10 million Dubai World Cup. (AP)

MEN'S COLLEGE HOOPS

Sources: K-State's Martin Headed to South Carolina

Kansas State's Frank Martin has agreed to become South Carolina's next men's basketball coach, sources familiar with the decision said. Martin will replace Darrin Horn, who was fired two weeks ago after going 60-63 over four seasons. (AP)

MEN'S COLLEGE HOOPS

Robinson an All-America

Kansas forward Thomas Robinson, who played through personal tragedy as a sophomore reserve, capped his junior season by being a unanimous selection to the Associated Press' All-America team Monday, a day after leading the Jayhawks to the Final Four. Joining Robinson were Jared Sullinger of Ohio State, the first repeat All-America in three years; freshman Anthony Davis of Kentucky; Draymond Green of Michigan State; and Doug McDermott of Creighton. (AP)

Past Prologue: Maryland's Lynetta Kizer is guarded during the Elite 8 played in Raleigh in 2009. Kizer, now a senior, leads the Terps against Notre Dame in Raleigh on Tuesday.

TONI L. SANDYS | TWP

Familiar Territory

Terps seek a better result in their return to Elite 8 in Raleigh

Terps Women's Hoops

Lynetta Kizer and her fellow Maryland seniors have followed this path before. They hope it ends in a different place.

For the second time in four years the Terrapins won an Atlantic Coast Conference tournament championship, claimed a high seed in the NCAA Tournament and rolled to the Raleigh Regional finals.

No. 2 seed Maryland (31-4) meets top-seeded Notre Dame (33-3) on Tuesday night, with a spot in the Final Four on the line.

And while the Fighting Irish have played with a noticeable edge throughout this postseason — determined to return to the national championship game after losing at that stage a year ago — the Terrapins say they have something to prove, too.

"I think we just bring it right back at them," Maryland guard Lauren Mincy said. "We're going to have to come out with a lot of energy, and we have to play like there's a chip on our shoulders, also."

9 PM
Tuesday | ESPN

This is a familiar scenario for a Maryland team that won its last ACC tournament in 2009, when Kizer was a freshman. Those Terps advanced to the round of eight but lost to Louisville the last time a regional was held in Raleigh.

"I honestly didn't believe I knew what was at stake, being so young" that year, Kizer said. The current players "are a group of smart girls, so they know what's at stake, and they know how hard we're going to have to play for each other."

Fighting Irish

Without question, Notre Dame has played with a purpose this postseason. The Irish have won all three games by double figures and are coming off a 44-point semifinal beatdown of St. Bonaventure that matched the 22-year-old record for most lopsided victory in the regional round of the tournament. They've been fueled by their title-game loss to Texas A&M last year — and could've had a rematch with the Aggies, had Maryland not rallied from 18 points down to beat them in the other semifinal. (AP)

The team that claims a trip to Denver might be the one that more effectively imposes its style. Both teams certainly know how to score — the Irish rank second nationally by averaging 79 points, with Maryland (78) two spots behind them — but they do it in different ways.

The Irish's strength is a four-guard starting lineup that rolls up lots of assists and steals. Behind Big East player of the year Skylar Diggins, Notre Dame ranks fifth in points allowed (51.6), fourth in field-goal percentage (47.6 percent), fourth in assists (18) and second in steals (13).

The Terrapins, who have four starters who are 6 feet or taller, prefer to pound the ball to their elite interior players and have them bang the boards for second chances.

"We love to use our length and get on the glass, so we know that gives a lot of teams a lot of trouble," ACC player of the year Alyssa Thomas said. JOEDY MCCREARY (AP)

"For us there's no pressure. At the start of the season, no one expected us to be here. We're going to go out as two seed, and we're going to just play our hearts out for 40 minutes."

— MARYLAND COACH **BRENDA FRESE** ON TUESDAY'S GAME AGAINST NOTRE DAME.

That Was Fast: Tiger Woods is back to winning, and back to being the British bookies' favorite to win the Masters. British bookkeeper William Hill on Monday had Woods listed as the 4-1 favorite to garner his fifth Masters title — with Rory McIlroy close behind at 5-1 — a day after the 14-time major champion won his first PGA Tour tournament since 2009 on Sunday at the Arnold Palmer Invitational at Bay Hill. (AP)

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Sports

Tebow a Jet All the Way

QB is upbeat amid media circus at his introduction in N.Y.

Pro Football

Tim Tebow got his first New York close-up Monday. And he handled it all with the same cool approach — smiling, polite, composed — that has won over so many football fans around the country.

Speaking at news conference in the Jets' field house, because the media crush so great the session couldn't be held in the team's normal press room, the headline-grabbing New York backup QB went out of his way to play down any conflict between himself and starter Mark Sanchez.

"Me and Mark have a great relationship," Tebow said. "We've been friends the past three years and have already texted back and forth. We are going to have a great working relationship."

Acquired last Wednesday from Denver, the exciting but flawed quarterback is coming off a season of incredible comebacks with the Broncos, taking them from a 1-4 record to the playoffs.

Tebow's new club threw him a quick challenge on Monday, sending him out alone to take questions at what was probably the biggest news conference ever for a second-string NFL player. Not a problem. Tebow spoke in a measured, upbeat tone for more than half an hour.

Coach Rex Ryan, general manager Mike Tannenbaum and owner Woody Johnson were at the NFL meetings in Palm Beach, Fla., far away from the wild scene at the team's headquarters with more than 200 members of the media.

"Ultimately, I'm just going to be myself and just have fun with it," he said. DENNIS WASZAK JR. (AP)

MARK LENNIHAN/AP

Tim Tebow smiles during his press conference, attended by 200 media members.

"I'm pretty sure I'm not the first athlete who has gotten on a knee and prayed."

— **TIM TEBOW,** WHO SAID HE'S AMUSED BY HOW MUCH HAS BEEN MADE OF "TEBOWING" IN THE PAST YEAR.

Colts Home In on Luck for Top Pick

Pro Football

The Indianapolis Colts will soon get a more thorough look at Andrew Luck. They won't have the same opportunity with Robert Griffin III.

General manager Ryan Grigson said Monday the Colts plan to bring Luck to Indianapolis for an individual workout during the next couple of weeks. Luck is widely expected to be the No. 1 pick in next month's draft. Griffin is expected to go second, but Grigson said the Colts wouldn't see the Heisman Trophy winner work out at the team complex.

Luck is considered the most polished quarterback to come out of college since Peyton Manning was taken No. 1 overall by the Colts in 1998.

"Obviously you want to go No. 1. Who wouldn't want to go No. 1?" Luck said after last week's Pro Day workout. "I'm just trying to prepare myself for the NFL, whichever team that is." (AP)

Non-Committal

Colts owner Jim Irsay has already said he plans to take Peyton Manning's successor with the No. 1 pick, but nobody within the organization is saying whether they'll take the consensus favorite, Andrew Luck, or the fast riser, Robert Griffin III. Whichever QB doesn't go No. 1 will likely be taken by the Redskins with the second pick. (AP)

COACHING

Stay Tuned

Bill Parcells says the Saints haven't contacted him about possibly coaching the team in the wake of Sean Payton's one-year suspension, denying an ESPN report that Payton had reached out to Parcells about the position. Parcells said Payton has conferred with him about how to handle the season. (AP)

Healthy adult volunteers needed

The National Institute of Mental Health is conducting outpatient research studies on fear and anxiety at the National Institutes of Health Clinical Center in Bethesda, Maryland.

Over a period of one to three visits of one to three hours each, participants will be interviewed and possibly complete a series of tests during which your heart rate will be recorded.

Volunteers must be between 18-50 years of age, medically healthy, and not be taking medication. There is no cost for study-related tests.

Compensation will be provided.

For more information, please call: **1-800-411-1222** (TTY:1-866-411-1010)
Se habla español
Or go online, clinicaltrials.gov
Search for study #: 01-M-0185 or 02-M-0321

Department of Health and Human Services
National Institutes of Health
National Institute of Mental Health

The NIH Clinica Center, America's research hospital, is located on the Metro red line in Bethesda, Maryland.

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Women: Is Your Drinking Causing Problems?

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If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.
There is a chance of receiving placebo (an inactive sugar pill).

There is no cost to participate and participants will be compensated.

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TTY: 1-866-411-1010
www.clinicaltrials.gov

Study #: 10-AA-0046

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Sports

PAUL SANCYA/AP

John Lannan allowed two runs and two hits in five innings against the Astros Monday.

Lannan Locks Up Spot in Rotation

Lefty looks sharp after he's named the Nats' No. 5 starter

The Nationals

John Lannan allowed two runs and two hits over five innings as the Nationals defeated the Houston Astros 7-4 Monday.

The strong spring training outing came hours after manager Davey Johnson confirmed that the left-hander will start the season as the Nationals' No 5 starter. "John's my guy," Johnson said.

That may change when Chien-Ming Wang returns from a hamstring injury. Johnson expects to Wang start the year on the disabled list and miss between four and six weeks, putting him on schedule to return by mid-to-late April. The Nationals will use caution, because re-injuring a hamstring strain can lead to severe complications. Wang injured himself while covering first base in a game on March 15.

Lannan was the subject of trade rumors after the Nationals added two pitchers in the offseason. But general manager Mike Rizzo held on to Lannan for insurance in case of injuries such as the one suffered by Wang. The lefty took the rumors in stride and says there are no hard feelings. "Davey doesn't have to worry about me," he told The Washington Post.

Meanwhile on Monday, Roger Bernadina homered for the second consecutive day for the Nationals, this one a two-run shot in the fifth inning. (AP/THE WASHINGTON POST)

TV Lineup

TERPS WOMEN'S HOOPS (9 P.M., ESPN) Maryland plays Notre Dame in the Elite 8 after Connecticut takes on Kentucky.

CAPITALS (7 P.M., CSN) The Caps face the Buffalo Sabres in a crucial game in their playoff push.

PRO HOCKEY (7:30 P.M., NBCSN) The Boston Bruins host the Tampa Bay Lightning.

SOCCER (2:30 P.M., CSN) APOEL faces Real Madrid in the Champions League.

NIT HOOPS (7 P.M., 9 P.M., ESPN2) Massachusetts tips off against Stanford and Washington plays Minnesota in the NIT Final Four.

BASEBALL (4 P.M., ESPN2) The San Francisco Giants and Los Angeles Angels in an exhibition game.

fit

Guinea Pig | Cold Comfort

Make sure you don't eat Bengay's new Zero Degrees ($13.99, drugstores), even though the pain reliever is meant to be stored in the freezer. The product meshes the benefits of both cold and tingly menthol in a deodorant-like roll-on gel that goes on, well, not as icky-sticky as regular Bengay — and with a pleasantly icy sensation. Though the mouthwashy scent mostly disappeared, the mild pain relief lasted for a few hours.

See your weekly Gold's Gym Trainer Tip on the next page.

Flower Power

The cherry blossoms may have already peaked, but you're just getting started. Use Washington's famous pink flowers as motivation to work up a sweat, and then take a well-deserved spring break at area spas offering treatments tied in to the annual celebration. VICKY HALLETT AND HOLLEY SIMMONS (EXPRESS)

WAYS TO GO

By Foot

Learn while you burn calories by tagging along for the National Park Service's **Cherry Chit Chat Runs**, a ranger-guided 3½-mile tour that starts at the Washington Monument Saturdays at 8 a.m. (through April 14, see Nps.gov/cherry). For a slower pace, and a different view, opt instead for NPS' **Lantern Walks**, two-mile strolls starting from the Tidal Basin welcome area at 8 p.m. on Wednesdays, Saturdays and Sundays (through April 15). The rangers enlighten visitors while lighting the way with festive lanterns.

By Boat

Rent **paddle boats** to see the blossoms from inside the Tidal Basin, rather than crammed up against the tourists around it. (through April 27, 10 a.m. to 6 p.m.; 1501 Maine Ave. SW; $12 per hour/2-person boats, $19 per hour/4-person boats; tidalbasinpaddleboats.com).

By Bike

If you don't want to pay for a **Blossoms by Bike** tour (available daily from Bike and Roll; see Bikethesites.com for details), there are several free options for wheeling your way around the trees. As long as you have your own bike and helmet, you're invited to join one of the National Park Service's three-hour **Cherry Bike Tours**, which start at the Thomas Jefferson Memorial every Saturday and Sunday at 1 p.m. (through April 15; see Nps.gov/cherry). Or meet up at **BicycleSPACE's** new location (1019 7th St. NW) on Wednesday at 7 p.m. for a group ride from the store. Get more info on that event and future rides at Bicyclespacewdc.com.

PHOTOS BY TEDDY WOLFF

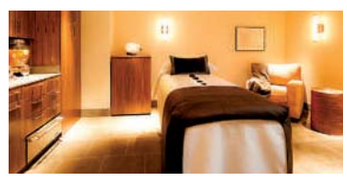
A SPORTING CHANCE

You're way too late to sign up for the **Cherry Blossom 10-Miler** (Cherryblossom.org) on Sunday, but cheering the runners along the course will score you some exercise. Save your voice to root for teams in the **Cherry Blossom Soccer Tournament**, which is also being held this weekend on the National Mall (Cherryblossomsoccer.org). And get in on the athletic action by registering for the **Cherry Blossom Freedom Walk**, which begins at the National Japanese American Memorial — at the intersection of D Street, Louisiana Avenue and New Jersey Avenue NW — on Saturday at 9 a.m. (Ncbfreedomwalk.org). Saturday, April 7, is **Cherry Blossom Yoga**, an all-levels practice that starts at 10 a.m. at the Sylvan Theater (Facebook.com/CherryBlossomYogaDC).

CHERRY DISPOSITION

You don't need to be a tourist to take advantage of these hotel spa treatments.

Ancient traditions meet modern techniques during the **Spa at Mandarin Oriental's Hanakasumi** cherry blossom treatment (80 minutes; $250 weekday, $275 weekend). Inspired by Japanese rituals, the massage begins with a cup of cherry tea and includes a full-body exfoliation using Sothys cherry blossom rice powder. A reflexology foot massage and the concluding full-body rubdown encourage total relaxation. *1330 Maryland Ave. SW; 202-787-6100, Mandarinoriental.com.*



The Park Hyatt recently added a cherry blossom-and-honey facial, body wrap and pedicure (50-60 minutes; $90-$149) to its list of services. The treatments smooth and hydrate skin using an all-natural mud masque of wild-cherry extract, cherry kernel oil, honey, green tea and pink kaolin clay. Even if you walk in feeling as ancient as the 100-year-old trees around the Tidal Basin, you'll leave looking like a sapling. *1201 24th St. NW; 202-789-1234, Parkwashington.hyatt.com.*

Relâche Spa & Salon at Gaylord National Resort on the National Harbor is offering a series of blossom-inspired treatments, including the 50-minute full-body massage with cherry oil ($155), the extreme hydrating and conditioning cherry blossom pedicure (80 minutes; $120) and the Springtime on the Potomac package (180 minutes; $304), which consists of a cherry blossom facial, full-body scrub, manicure and pedicure. *201 Waterfront St., National Harbor, Md.; 301-965-4400, Gaylordhotels.com.*

Meet The Trainer

Neil Lybecker

Certified Personal Trainer
Clarendon Gold's Gym

Neil is both a personal trainer *and* a personal chef. He developed his passion for fitness in high school where he was a three sport varsity athlete. Along the way, he also discovered the importance of proper nutrition in maintaining a healthy lifestyle and developed his culinary skills. In both cooking and training, Neil is a believer in proper technique performed with precision. He is committed to helping clients achieve their goals in a fun and safe environment.

Certifications:
National Academy of Sports Medicine Certified Personal Trainer • CPR/AED.

To schedule an appointment with Neil or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

GOLD'S GYM

Trainer Tip of the Week

Take a look in the mirror - does your stomach look as soft as your bracket? You are what you eat. It may be time to re-evaluate your nutrition, especially if you're not getting the results you desire in the gym. With my experience as a personal chef, I can offer healthy suggestions to improve your eating habits.

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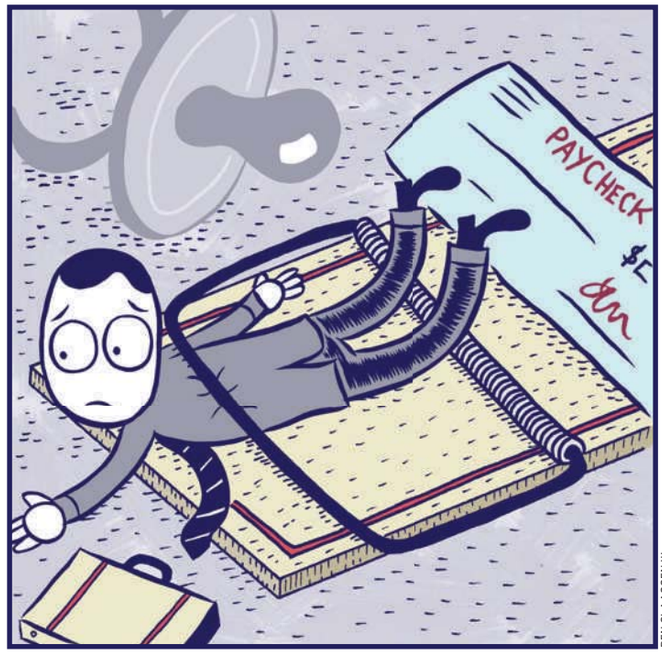


BEN CLAASSEN III

Work It Out Before You Quit

Q I'm lost in terms of my career and feel trapped because I'm married with kids. I've never liked my job, and being in this field was supposed to be temporary. But eight years later, I'm in the same job, miserable as ever. My wife's job is not entirely stable, and I know she relies on my income being secure. It is, but I want to do something else with my life, and I feel like I can't even bring it up. STUCK

The beauty of exploring other job options is that you don't have to lose your current job in order to do so. So start poking around. Broach the idea with your wife before any action whatsoever, in a low-key way that lets her know that you're just doing some thinking. In order to alleviate her anxiety, you can set some ground rules: You won't quit until you have a plan in place, you won't take more than a certain amount of a pay cut, you won't go back to school unless a certain amount is paid for, etc.

Her fears are understandable, but so is your need to do something that doesn't make you miserable. These changes might take a new budget or a downsizing of a house, but your mental health for the next 20 years will be worth it.

Sounds Like She Needs Correcting

Q I have a friend who's always saying things that make her sound very unintelligent. I cringe every time I hear her mispronouncing things, misusing words, etc. She's not as dumb as she seems, and I'm guessing this is making her come off badly on dates and at work, but I don't know how to tell her. TRYING NOT TO SNICKER

Does she have a reality show yet?

Honestly, telling a friend that she doesn't come across as very intelligent is not typically going to go over very well. (Perhaps you can distract her with something shiny?) Think about her personality. Is she able to be self-deprecating? Or does she tend to be insecure? Does she respond well to humor? Does she relish ways to improve herself, or is she defensive and protective of the status quo? In an ideal situation, you start slowly to see how she reacts. ("Don't you mean...," said with a good-natured giggle.) If you can gently turn this into a "thing" that she acknowledges and is affectionately teased about, then she might be motivated to improve. But proceed with caution. Criticizing a friend is a tough row to hoe (or shall I say, a tough road to mow?).

By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

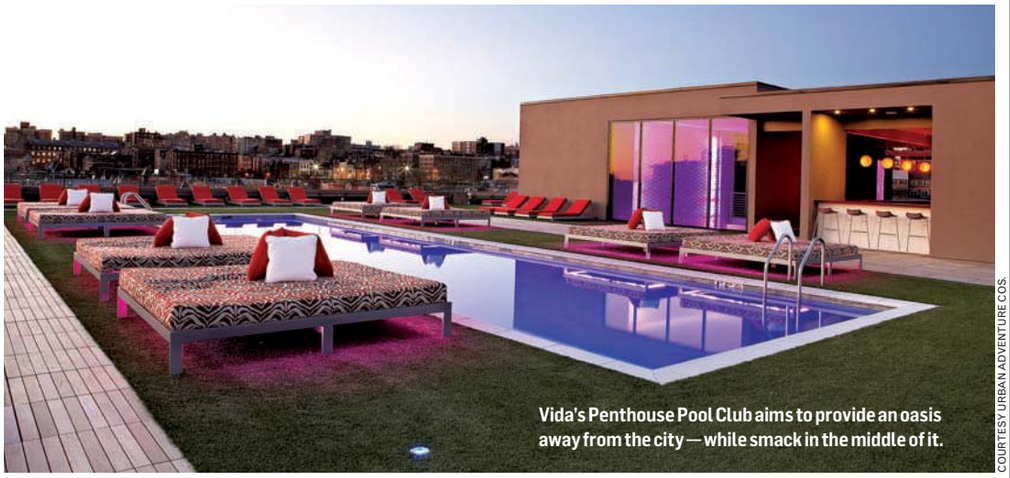
Event Horizon

Don't Stress

If you're just hearing about the Library of Congress' conference on "The Profound Impact of Stress," you've already missed the first day. Based on the information being presented at the event, however, we recommend you not get too worked up about that. Besides, the free event continues today in Room 119 of the Thomas Jefferson Building (10 1st St. SE), starting at 9 a.m. with a recap of Monday's presentations. For more info, go to Loc.gov.

Exception to the Pools

Vida Fitness opens its huge rooftop deck for members looking to lounge and take a dip



Vida's Penthouse Pool Club aims to provide an oasis away from the city — while smack in the middle of it.

COURTESY URBAN ADVENTURE COS.

The fire pits aren't the only thing smoking hot at Vida's Penthouse Pool Club, which is finally set to open April 1 atop the gym's building at 1612 U St. People who've been waiting since August — when the rooftop oasis was originally supposed to debut — for the chance to take a dip in the 60-foot pool will also be greeted by rows of cushy chairs, a full-service bar, a floor blanketed in fake grass, and views of the Washington Monument and the Capitol.

It's more exclusive than the health club below, which has 3,000-plus members. At least for now, the Penthouse membership ($199/month), which also includes access to all five Vida facilities, is capped at 1,000 — and all of those slots are already taken, with another 200 on the waiting list. Typically, members will be allowed to bring only one guest, although they can have more friends come along if they rent a cabana. "The last thing we want to do is overcrowd the pool," says owner David von Storch, who's been wishing for a spot like this for his 25 years in Washington.

"There isn't a place to go with friends on a hot summer day," he says. Some hotel pools sell day passes, but you can get kicked out for events, von Storch complains. Apartment pools have no service. And at most other area pools, kids take over. "This is an adult experience," von Storch says.

The plan was to create a place just to relax. "These people are very active. They've worked hard, worked out hard," von Storch says. But because there was so much interest in having aquatics classes, water aerobics will be offered most mornings. Don't think about working on your freestyle, however — von Storch has decreed that it's not a lap pool. (There are two endless pools inside the club for people looking to swim long distances.)

"Healthy as well as scrumptious food" is how von Storch describes the Penthouse menu items. If you opt for too scrumptious, you can head downstairs to burn off extra calories. Working out will also help keep the pool at a welcoming temperature of 82 degrees, thanks to a heating system that uses energy created in the club. The more people trying to look better in a bathing suit, the better for people in bathing suits. VICKY HALLETT (EXPRESS)

Class Act

Water Works

Don't have a pal to take you to the pool? Vida members can pay — in money and sweat — for the Penthouse Swim Challenge ($25 for Penthouse members, $35 for Vida members). The 10-person classes, at 7:30 and 8:30 a.m. on Saturdays, begin April 7. "It's basically surf and turf," says instructor Kevin Ford, a former Division 1 swimmer who's developed a boot camp-style workout that takes advantage of the pool as a training tool. Half of the time students will be doing high-intensity calisthenics on land, with the help of dumbbells and gym equipment. Those drills will be broken up by cardio intervals of treading water (no pretty technique required). "At least if you're hurting, you have a great view," Ford says. V.H.

Stethoscope

DEPRESSION

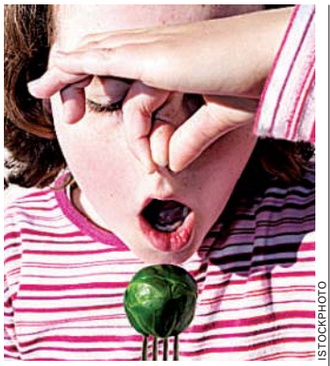
Try to Slim Down Your Next Conversation

Your friend who's always saying, "I can't believe I pigged out so much over the weekend" has bigger problems than a few extra pounds. According to a study in the Journal of Applied Communication Research, the more people engage in "fat talk" — which includes comments about consuming excess food, getting insufficient exercise and fears of becoming overweight — the less body satisfaction and more depression they have.

EXERCISE

Feel More Than the Burn

Exercise can make a woman's body do more than sweat. A new Indiana University study has found that working out can also lead to female orgasm. You read that right. What makes the findings particularly fascinating is that most of the women who experienced this phenomenon were not fantasizing sexually or thinking about anyone they were attracted to. At the time, they were most often weight lifting, biking, climbing poles or ropes, or doing ab exercises. One piece of exercise equipment that seemed to cause a number of these incidents was the captain's chair. Users prop themselves up on the armrests and then work their abs by repeatedly lifting their knees toward their chest.



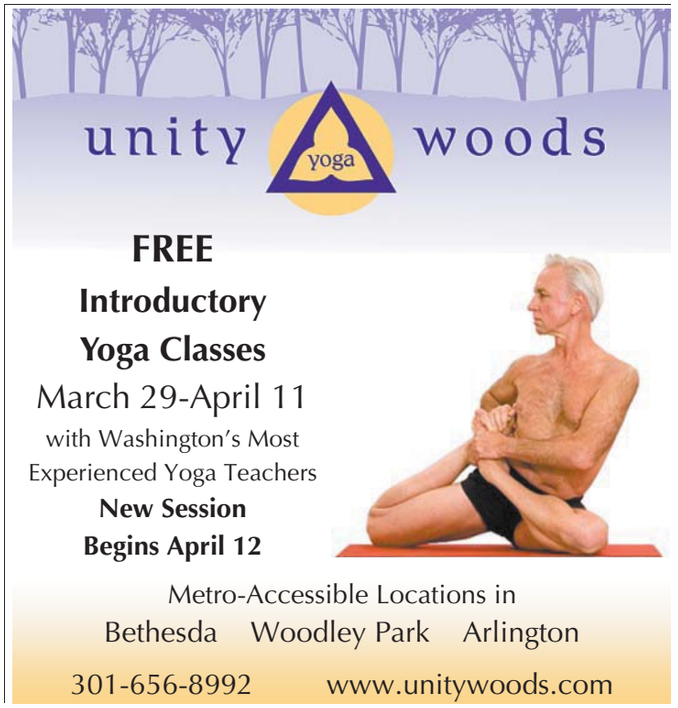
ISTOCKPHOTO

Not smelling your food will make you eat more, so this kid has the right idea.

OBESITY

Connection Between Aroma and Appetite

If your dinner is extra smelly, chances are you'll eat less of it. That's according to Dutch research just published in the journal Flavour. In the study, volunteers ate a custardlike dessert while exposed to different scents. The stronger the aroma, the smaller the bite. Researchers suggest combining aromatic meals with portion control to trick your body into feeling full after consuming a smaller amount of food.



fit wellness

'Tis the Snee-son

Early spring weather has allergy sufferers reaching for tissues

Spring is in the air — and way too early if you're an allergy sufferer.

"I'm not used to feeling this way for at least another month," says Michael Arnone, 40, who's marked the change of seasons with nasal congestion, watery eyes and a scratchy throat since he was in the eighth grade. "When you live with allergies for a couple decades, you expect things to happen in a cyclical way. This year all bets are off."

The weather has not only popped open cherry blossoms ahead of schedule, but it's also pumped up the pollen count. Tree pollen was "high" nine times between March 1 and 19, compared with five times all of last March, according to the National Allergy Bureau Pollen and Mold Report. "I've been practicing allergy medicine in Washington since 1972, and I have to say, this is one of the earliest tree pollen seasons I've seen and one of the most intense at this early date," says Dr. Daniel Ein, director of the Allergy & Sinus Center at the George Washington Medical Faculty Associates.

Even if your eyes like trees, your immune system might not, Ein says. "The body almost behaves as if the tree pollen were an invading enemy that has to be gotten rid of," he explains. "It mounts a defense against it by causing the nose to water—to wash out the pollen—and people to sneeze to get rid of it."

D.C. ranks 66th on the American Asthma and Allergy Foundation of America's Allergy Capitals list this year, compared with 25th last year, indicating that things could be worse, especially if you live in Knoxville, Tenn. (which came in first place). But try telling that to Glover Park resident Chris Kain, 42, who's been taking allergy meds for weeks already. "I just hope that the season starting early means that it will end earlier, not that it will be longer," Kain says.

Unfortunately, there's no reprieve in sight. "The way things are going now, I expect it to be a pretty bad season," says Ein, who suggests closing windows, removing shoes, washing your hands and changing your clothes when you come in from outside to limit your pollen exposure.

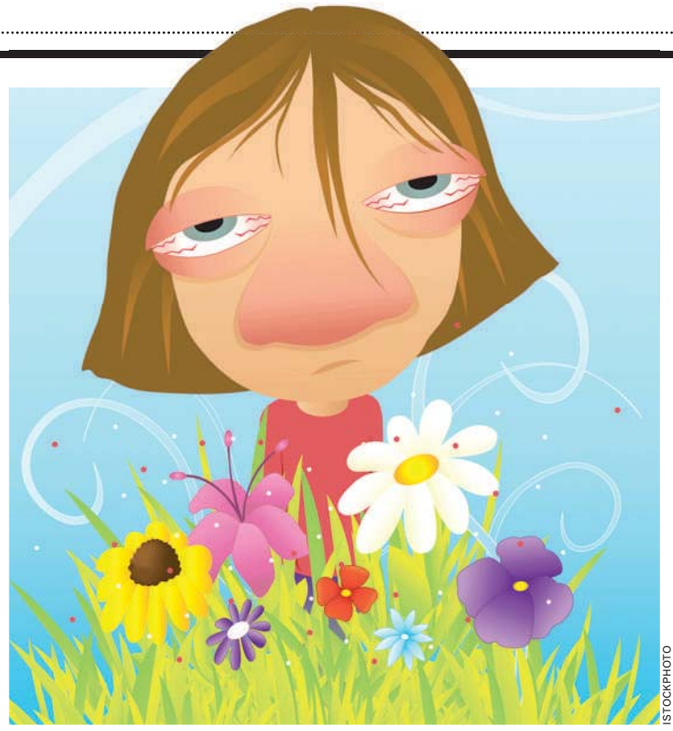
40

Number of Americans, in millions, who suffer from nasal allergies, according to AAFA.

Medications are the next line of defense, but if pills don't spell relief, Ein says, you may want to consider allergy shots, aka regular injections of whatever it is your body is allergic to in order to train your immune system to respond more appropriately.

"They're the only treatment that we have that actually does change your immune system and shuts off the reaction that's causing the misery," he says.

If they work, you'll eventually get to enjoy these warmer temperatures. STEPHANIE KANOWITZ



ISTOCKPHOTO

Alternatives

Petal Pusher

Flowers may be to blame for your runny nose, but they can also be a remedy, says Evan Rabinowitz, director of Chinese herbal studies at the Tai Sophia Institute for the Healing Arts in Laurel, Md. (Tai.edu). He suggests floating chrysanthemum flowers in green tea. Place the tea bag onto your eyelids to soothe them, and drink up to clear your sinuses. (Just be sure you're not allergic to chrysanthemums.) S.K.

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Hydroponic Helpers

A new store serves medical marijuana cultivators, patients

Watching his mother suffer from cancer made Alex Wong feel powerless. "The medicine the doctors had couldn't help her," says the entrepreneur, who hopes other patients can find relief with medical marijuana, which will soon be available to people with chronic conditions in Washington.

D.C.'s program opened the door for Wong to start a franchise of the hydroponics store weGrow (1522 Rhode Island Ave. NE, Wegrowstore.com), a chain with locations in California and Arizona that sells everything you need to cultivate and consume the plant.

COURTESY WEGROW

Hydroponics equipment systems will be sold at weGrow's new store in D.C.

Because individuals in Washington will not be allowed to grow marijuana, Wong expects his sales of supplies such as soil, fertilizer and grow lights will come from the city's certified cultivators — the list of up to 10 will be announced by the Department of Health on Friday. The same day, weGrow will host its grand opening with a news conference at 1:30 p.m., followed by an open house until 6:30 p.m.

But Wong expects patients to take advantage of the educational programming, including cooking demonstrations and indoor-gardening workshops (techniques for marijuana also work for tomatoes), and other resources at the store, such as a board helping connect them with caregivers willing to run errands.

VICKY HALLETT (EXPRESS)

lookout

Deep Blue See
James Cameron calls the ocean's deepest point 'foreboding' 35

Sound Bets

ISLEOFTUNE.COM

Urban Music

The iPad offers a stunning array of accomplished educational games, and its interface is intuitive to toddlers, making it the perfect computer to facilitate learning. But out of the dozens of apps I've tried with my 4-year-old son, Isle of Tune is the one he returns to most.

By Christopher Porter

(The animation program Toontastic comes in a close second.)

There are many synthesizer programs with playful interfaces in the App Store, but Isle of Tune combines music-making with village-building, allowing little ones to visualize their songs as tiny towns.

Draw a road, add some street lights, trees and houses, assign sounds to those objects and drop in a little car. As the automobile drives along, it triggers tones and rhythms, creating a musical journey that sounds like a real composition. (I often have to check to see if my kid hasn't accidentally fired up Aphex Twin in iTunes.)

A free version of Isle of Tune is available on Google's Chrome browser, too. While a mouse and keyboard don't offer the same ease for little hands, the gameplay's uncomplicated brilliance remains.

@ Read Christopher's previous columns at: **expressnightout.com/soundbets**

Regress Yourself

Madonna's 'MDNA' shows a personal side that's more childish than it is revealing

Album Review

It's been seven years since Madonna released "Confessions on a Dance Floor," her last great album and what could have been a winning blueprint for the remaining chapters of her career. The beats were bubbly, the melodies were colorful and the good times were undeniable. After decades of using pop music to explore and explode sexual taboos, the queen of clubland sounded like she wanted to spend the twilight of her reign having fun.

Her new album, "MDNA," feels more like "Tears in a Nightclub Bathroom" — a joyless collection of impersonal dance tracks spiked with very personal lyrics that ruminate on her 2008 divorce from director Guy Ritchie.

Madonna's music has never invited us into the gnarly nooks of her personal life and "MDNA" illustrates why. She's lousy at it. "I tried to be a good girl, I tried to be your wife," she sings on "I Don't Give A," a kiss-off that feels paper-thin and cardboard-stiff. "Diminished myself and I swallowed my light."

A good girl? It's vexing to hear Madge, now 53, referring to herself as a child throughout "MDNA." "All the boys and girls want to be like us tonight," she declares on "I'm a Sinner." "Don't play the stupid game, 'cause I'm a different kind of girl," she warns on "Gimme All Your Luvin'," the peppy trifle she performed at the Super Bowl.

Why Madonna isn't embracing her post-Gaga matriarch status is puzzling. This woman built her career pushing envelopes, but now seems eager to fit in with her followers. Instead of gracing old-media magazine covers, she's launching exclusive press campaigns on Facebook and Twitter. And instead of pushing pop's moral or sonic boundaries, she's making music that sounds clumsy and juvenile.

There's only one song that shows signs of life: "Love Spent," a forward-thinking tune that blends an Abba sample, a banjo and a heartbreaking refrain. "I want you to hold me in your arms like you hold your money," she sings. "Hold me in your arms until there's nothing left."

It's a smart metaphor for a bankrupt romance, but it also underscores the dilemma of "MDNA." There's not much to hold onto.

CHRIS RICHARDS (THE WASHINGTON POST)

MDNA
Madonna

Backstory...

Madonna answered questions from fans on Saturday in a Q&A hosted by Jimmy Fallon and streamed live on Facebook. On collaborating with Nicki Minaj and M.I.A. for "Gimmie All Your Luvin'," Madonna said: "They're tough girls and they're smart. I wouldn't mess with them." (EXPRESS)

The Man for the Show: Late-night host Jimmy Kimmel just got a prime-time gig: host of the 64th Prime-time Emmy Awards. The star of "Jimmy Kimmel Live!" will host the awards ceremony on Sept. 23. "I hope to be able to do for the Emmys this year what Eddie Murphy did for the Oscars," Kimmel joked, referring to the comic actor who withdrew as host of this year's Academy Awards. This is Kimmel's first time hosting the Emmys. (AP)

lookout entertainment

top stops

MARK METCALFE/GETTY IMAGES

1 England's Dreaming

British electro-poppers Metronomy ditched the bedroom to record in a proper studio for their third album, "The English Riviera," and it paid off. Next month the quartet (with bassist Gbenga Adelekan, left) will open for Coldplay on the first leg of the band's North American arena tour. But on Tuesday you can still catch Metronomy in a tiny venue. ***Rock and Roll Hotel, 1353 H St. NE; Tue., 7 p.m., $15; 202-388-7625, Rockandrollhoteldc.com.***

2 Red Blues

Signature Theatre is taking a page from the history books with "Brother Russia," a tale inspired by Rasputin. Signature has released songs from the new musical online, a marketing ploy straight out of the 1970s, when Andrew Lloyd Webber released "concept albums" of his musicals before they opened to generate buzz. ***Signature Theatre, 4200 Campbell Ave., Arlington; through April 15, $62-$86; 703-820-9771, Signature-theatre.org.***

3 Touring Van

Important announcement: Van Hunt is nothing like Van Halen. Just wanted to clear up any confusion, lest you arrive to Van Hunt's show expecting wailing guitars. Instead, the Grammy-winning singer-songwriter and multi-instrumentalist delivers a smooth and modern blend of R&B and laid-back beats. Hunt dropped his third studio album, "What Were You Hoping For?," last September, and more new songs have already leaked; expect him to take those for a spin live. ***The Hamilton, 600 14th St. NW; Tue., 7:30 p.m., $22.50-$27.50; 202-787-1000, Thehamiltondc.com.***

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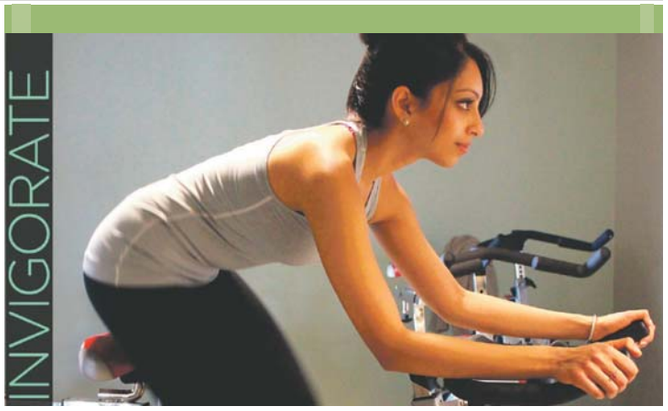

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TV tonight lookout

Notes on a 'Scandal'

'Frontline' examines News Corp.'s use of voice-mail hacking

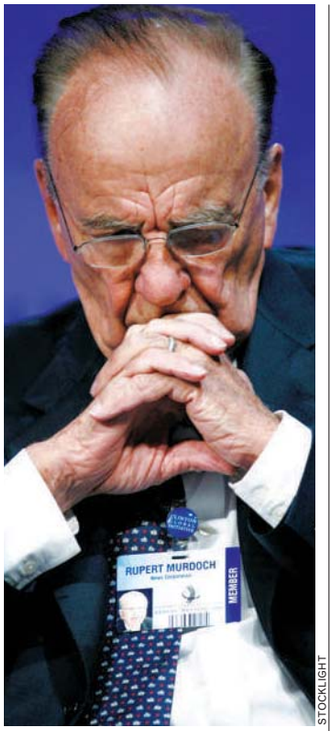
Investigation

PBS 10:00

A tale of screaming headlines, gossip, sex and criminal collusion among the police, press and politicians, "Murdoch's Scandal" on "Frontline" offers a survey course on the uproar that threatens Rupert Murdoch's News Corp., one of the largest press empires in the world.

At the center is a London newspaper's cynical use of voice-mail hacking to prolong a story about a kidnapping — in the process giving false hope to the young victim's family. In many ways these transgressions seem lifted from fiction, specifically the 2003 BBC miniseries "State of Play" and Billy Wilder's 1951 satire, "Ace in the Hole."

But combine the ease of accessing cellphone conversations with the ubiquity of the phones' use, and you have the makings of a tabloid dictatorship, a place where citizens are subject to blackmail and humiliation at the hands of the vengeful, sleazy and capricious.



STOCKLIGHT

Rupert Murdoch, above, and News Corp. are the subject of a new "Frontline."

Though some have cheered at Murdoch's humiliation, this story transcends his press empire. As long as people seem more addicted to gossip than standing up for their rights, such practices will flourish.

Twenty years ago, a newspaper tapped into a phone call that Prince Charles made to Camilla Parker Bowles, then not his wife. He mused privately about intimate matters that were later leaked to the press and labeled "Camillagate."

Folks in and out of the media seemed so intoxicated by catching a royal saying naughty things to his lover that few seemed to ask about the propriety of tapping his phone calls. Or to ponder fearfully, "If they can tap the phone of the Prince of Wales, what can they do to me?"

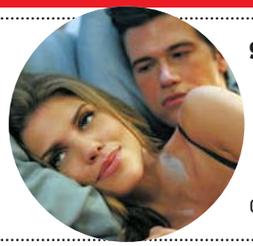
Drama

Sick City

When a mysterious illness starts claiming lives around the city in "Body of Proof" (10:01 p.m., ABC), Megan (Dana Delany) and her team must join forces with Charlie Stafford (guest star Luke Perry, above), an officer from the Centers for Disease Control, to find the cause and the culprit in the opener of a two-part story. (TM)

Best Bets

CW 8:00



90210 Singer Haley Reinhart makes an appearance, offering Dixon a chance to play backup for her. Needing to get married to keep his trust fund, PJ (Nick Zano, right) proposes to Naomi (AnnaLynne McCord).

HIST 9:00

Top Gear Host and racing analyst Rutledge Wood is given free rein to do whatever he likes. That turns out to be entering a championship race and trying out an invention on the streets of San Francisco at night, risking life and limb — his own and co-host Adam Ferrara's — in the process.

BRAVO 10:00

Tabatha Takes Over Tabatha, right, tries to get through to salon owner Kim, whose failure to show up at work is leaving her staff without direction and threatening to run the salon into the ground.

BRAVO

FX 10:00

Justified As Raylan (Timothy Olyphant) confronts a pair of hit men from Detroit, the tension between Boyd (Walton Goggins) and Quarles (Neal McDonough) finally comes to a head. (TRIBUNE MEDIA)

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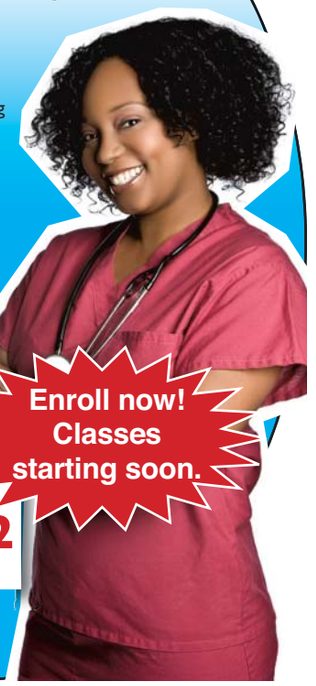

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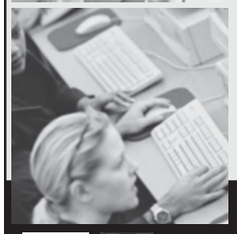

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BURKE CENTER, VA - Male or Female, N/S. Basement for rent Near GU/Walmart $690/month includes utilities. **Call 703-539-0043**

CAP HEIGHTS/SUITLAND - Furn rm, quiet environ, nr metro. **$155/wk & up** + Dep. Cab Incld. **301-602-9120**

CAPITOL HILL -- Share house, rooms for rent, $175 weekly, minutes to downtown and metro. **202-412-6783**

CHEV CHASE, MD 1 person share quiet bright home. BR with den walk-in closets, private bath, Fios includes utilities. $900. **301-656-3526**

COLLEGE PK - Furn rm in SFH to shr w/2M, free net, cable, nr Greenbelt Metro, prof NS/NP. $550 1/3 utils+sec dep. Avail April 1. **240-876-1051**

FAIRFAX, VA - 1 bedroom with private bath. Utilities, cable & internet included. $600/month. **3748 Prosperity Ave. 703-843-3721**

Forest Heights, MD— $650. N. Huron, 1 BR, access to BA, wash/dryer & kitch. All utilities incl. **301-877-1306**

FORT WASHINGTON, MD- Large house to share. Free cable. Close to Metro. W/D. $175/week. Call **240-882-8973**

ROOMMATES

HERNDON/STERLING, VA - Basement for rent, private bath & entrance. $735 all utilities included. Available 4/1. Call/Text **703-598-9406**

HYATTSVILLE/ CAP PLAZA- M/F, 2 lrg BR to share, nr metro/shops $675/$575 incl utils **240-604-8510**

LANDOVER, MD - Furnished BR $150/week includes all utilities. No security dep. No Credit check. **301-516-1243 or 240-550-7285**

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NE- Furn room, close to Metro, **$160/wk. Includes utilities & cable TV. Call 301-537-4710**

NW/MT. PLEASANT- Unfurn rm, close to bus line/metro, male pref. $625 +sec dep, utils incl. **Call 202-299-0873**

RIVERDALE, MD- N/S. Share home, 1 room for 1 person. Avail now. $450 includes utilities, W/D. $450 security deposit. 301-613-0446

RIVERDALE, MD- 2 furnished rooms available for rent, all utilities, W/D & Net included. $100/week. No Smoking, No pets. Available Now! **Please call 240-375-3376**

ROCKVILLE, MD - Share house. Private MBR, private BA, deck, entrance. Near transp/shop. NS/NP $695+utilities. Available 4/1. **240-351-5150**

SE - Furnished room in house, share BA/kit. Near metro & harbor. Pref female. $165/week incld util. **301-922-6393**

SIL SPG/ASPEN HILL- House to share. Basement with pvt BA. $800 + elec. 1BR, shr BA, $480/mo + elec. Near metro & shops. **Call 202-369-5294**

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SPRINGFIELD,VA- Small room. Share house. $500 plus utilities, cable & internet. M/F. Call **703-402-3337**

SUITLAND, MD -Share 3 level TH. 1 BR, share BA. W/D, near Metro. Gym, gated community. Free internet. $650-$750. Call **202-499-9778**

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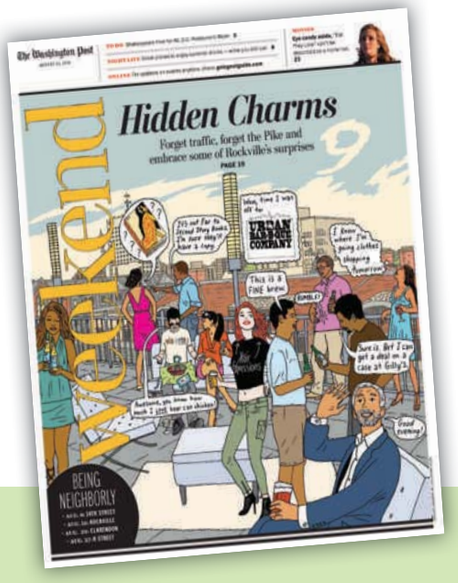

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AMC

Blog Log

"Sure, while I'd love to fantasize that Biebs is singing about me and him chillaxin' on the beach dipping crusty French bread into a giant pot of expensive melted cheese, I'm a realist! You and I both know that this song is a slap in the face, a reminder about the incredibly amazing stuff Selena Gomez gets to experience on a daily basis in real life."

— **JENNA HALLY RUBENSTEIN AT BUZZWORTHY.MTV.COM** offers her thoughts after hearing Justin Bieber's new single "Boyfriend," released at midnight March 26.

"We're so glad that Will and Jada instilled Willow [Smith] with so much confidence because it takes a brave child to walk around like this. With yellow hair, we mean."

— **BOSSIP.COM** thinks the child star's new hairdo is over the top.

"Unbelievable how much free media 'Mad Men' garners when its deliveries are so tiny. Put it this way: 'Swamp People' draws 5.25 million viewers."

— **@CRUPICRUPICRUPI** can't understand why "Mad Men," the AMC program that debuted its fifth season Sunday night, is such a cultural force despite its average ratings. "Mad Men" drew 3.5 million viewers Sunday, the most in the show's history.

"Despite its bad and outdated design flaws, the O-Rena was a perfect place to watch a basketball game. Or any sporting event for that matter. Having a lack of amenities and distractions leads one to actually focus on the game ensuing in front of them."

— **ORLANDOMAGICGREEK.BLOGSPOT.COM** is going to miss the old Amway Arena — where the NBA's Orlando Magic used to play — which was demolished Sunday.

"If you can take on The New York Times, you're ready to be president."

— **AMANDA TERKEL AT HUFFINGTONPOST.COM** sums up the pitch of Republican presidential candidate Rick Santorum's latest fundraising email after the candidate lashed out at reporters for misquoting comments he made about Mitt Romney.

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puzzles lookout

Horoscope

ARIES (March 21-April 19) When someone offers offense today, you will be able to fight back without seeming to have your feathers ruffled.

TAURUS (April 20-May 20) You're eager to know what the results of a recent unconventional action may be — and others are trying to keep you from learning the truth.

GEMINI (May 21-June 20) You want to be sure that your behavior today is active, rather than reactive. Give yourself room to work in a creative fashion.

CANCER (June 21-July 22) Someone may be trying to make an issue out of something you said off the cuff recently. Don't compound the mistake by overreacting.

LEO (July 23-Aug. 22) The door may be open to a compromise, and you'll be in a position to broker a deal between conflicting parties.

VIRGO (Aug. 23-Sept. 22) You're ready to provide someone under your care with just the kind of attention that he or she needs at this time.

LIBRA (Sept. 23-Oct. 22) You'll be asked to pass judgment on an event that others do not seem to appreciate fully. Your views will shed much light.

SCORPIO (Oct. 23-Nov. 21) Take care that you are not forcing another to operate within limits that only work for you. You must adopt a more liberal approach today.

SAGITTARIUS (Nov. 22-Dec. 21) Any violation of the rules is sure to cause you trouble in the days and weeks to come. This is a good time to play it safe.

CAPRICORN (Dec. 22-Jan. 19) You are willing to put it all on the line today, but the opportunity may not be there just yet. Keep thinking, keep planning.

AQUARIUS (Jan. 20-Feb. 18) The help you have been asking for lately is at hand today, but you mustn't be too slow to recognize where it is or how to use it.

PISCES (Feb. 19-March 20) You mustn't force anyone to do anything that doesn't come naturally today. A more accepting attitude is to be applied at this time.

PostPoints DAILY CODE I A

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 224

							Triple Word Score	RACK 1
E1	I1	N1	N1	G2	M3	W4		
								RACK 2
E1	O1	U1	T1	R1	M3	G2		
							2nd Letter Double	RACK 3
A1	E1	O1	F4	N1	F4	D2		
								RACK 4
A1	E1	E1	U1	G2	R1	R1		

Yesterday's Solution

H4	E1	A1	T1	H4	E1	N1	RACK 1 =	76
R1	E1	V4	A1	L1	U1	E1	RACK 2 =	60
E1	X8	T1	E1	N1	D2		RACK 3 =	15
S1	O1	P3	H4	I1	S1	T1	RACK 4 =	62
PAR SCORE 150-160							TOTAL	213

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

1	7			6	8		2	
5	8			1		6	9	
		3		9		8		
3		4				9	6	
8		1	3		9	5		2
	2	7				1		8
		6		2		4		
	1	8		3			5	6
	3		1	4			8	9

Yesterday's Solution

5	3	8	4	2	9	6	7	1
2	6	4	3	7	1	5	9	8
9	1	7	5	8	6	2	4	3
3	2	9	8	1	5	4	6	7
6	7	1	9	4	2	3	8	5
8	4	5	7	6	3	9	1	2
4	5	3	1	9	7	8	2	6
7	8	6	2	5	4	1	3	9
1	9	2	6	3	8	7	5	4

Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

58 | 39

Today: Mostly sunny today. Partly cloudy and breezy tonight.

72 | 53

Tomorrow: Warmer tomorrow with a thunderstorm. Partly cloudy tomorrow night.

Looking Ahead

THU	FRI	SAT
68 | 44	64 | 45	67 | 50

Sun and Moon
Sunrise today: 7:00 a.m.
Sunset today: 7:27 p.m.
Moonrise today: 9:32 a.m.
Moonset today: none

Almanac
Normal high: 59
Record high: 87
Normal low: 41
Record low: 23

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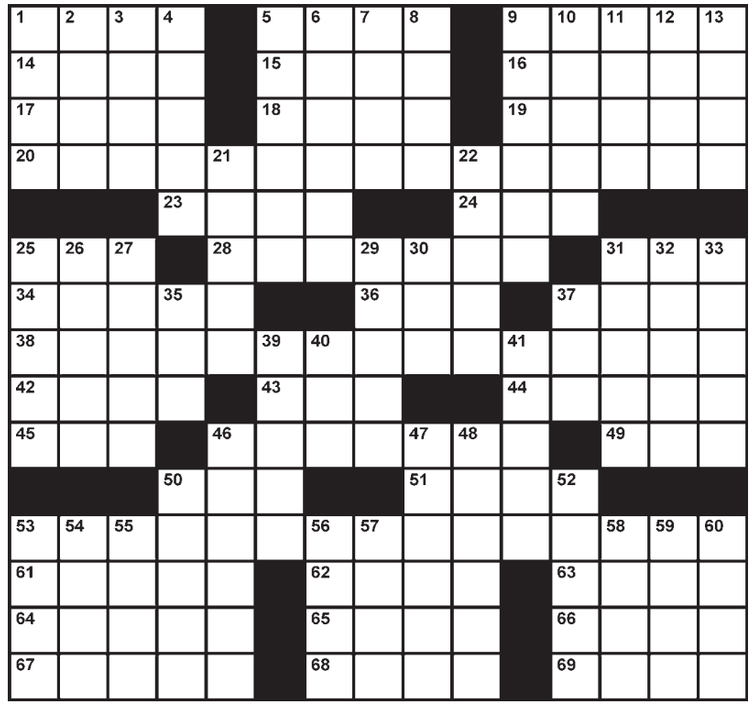
Crossword

THINK IT OVER



EDITED BY TIMOTHY E. PARKER

ACROSS

1 Male admirer
5 River to the Caspian Sea
9 Sheer brilliance
14 Norse god of war
15 Mane area
16 "Jurassic Park" dino, e.g.
17 Dog's high-pitched cry
18 Well for the French
19 "Philadelphia" Oscar winner
20 Reservation opening
23 Former vice president Al
24 Briefest acceptance speech?
25 Happy folks on election night
28 Disrobe
31 "Simpsons" grandpa
34 Dusty memento
36 Wedder of Lennon
37 Door-to-door cosmetics company
38 "And now?"
42 Pupil's colorful place
43 First of a vowel fivesome?
44 More maneuverable at sea
45 She may have quite a habit
46 Part of an Egyptian pound (Var.)
49 Make an effort
50 Victorian or Edwardian, e.g.
51 Line about which the earth turns
53 Frustrated crossword solver's cry?
61 Unspoken, as an understanding
62 Tiniest of margins
63 Fully engrossed
64 Bail out from a jet
65 Bear in the night sky
66 Window picture
67 ___-eyed (close to tears)
68 Exercise establishments
69 Talking bird

DOWN

1 Laddie, in Australia
2 Place of a tricky serpent
3 Is green around the gills
4 Unfasten, in a way
5 Still enjoying womb service?
6 Came down in buckets
7 Did an impression of
8 Advanced, as cash
9 Alpine sounds
10 "Santa ___ Is Coming to Town"
11 Suit size designation
12 Ancient emblem of life
13 Midterm or final
21 Shrink's furniture
22 A caddy may hold it
25 Crocodile Hunter Steve
26 India's 1st prime minister
27 Rubbed out, as a dragon
29 Boxing ring borders
30 Dir. from Memphis to Nashville
31 Prevent, as danger
32 Stocky dog breed
33 Ledger line
35 Nitpicky word for grammarians
37 California's Santa ___ winds
39 Like some kites
40 Vegetable in a pod
41 Damascus is its capital
46 Like a woman in a Roy Orbison classic
47 Beijing belief
48 In-crowd actors?
50 Vote off, a la "Big Brother"
52 Theatrical backdrop
53 Couple on a gossip page
54 Visitor to Mecca
55 Hotshot pilots
56 Mob hoodlum
57 "Diff'rent Strokes" actor Coleman
58 Frilly
59 "Once ___ a midnight dreary ..."
60 Italian volcano

Yesterday's Solution

Today in History

1513 Famed Spanish explorer Juan Ponce de Leon sights what is considered present-day Florida.

1912 First lady Helen Taft plants the first of 3,000 cherry trees given as a gift by the mayor of Tokyo on the north bank of Washington's Tidal Basin.

1964 A powerful earthquake and subsequent tsunamis strike Alaska, killing about 130 people.

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people lookout

SLOW NEWS DAY

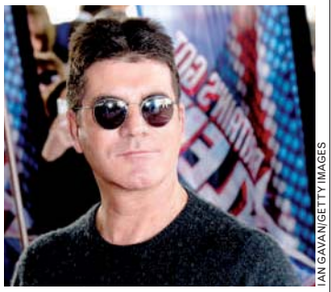
Beautiful Woman Passes Down Traits to Offspring

Cindy Crawford says she's proud of daughter Kaia, 10, who did her first modeling shoot in January, for Versace. "She liked it, but she also saw that it's hard work. When we left the shoot, it wasn't like, 'Oh, I can't wait to do that again.' It was like, 'That was kinda hard!'" Crawford told Parade. "There's a reason they call it a job." (EXPRESS)

CRIME

Remarkably, She Is Not A Former Contestant

Simon Cowell is shaken but unharmed after a run-in Saturday with an intruder in his home. The woman broke into his house via a window, then wandered around carrying a brick, the Daily Mail reported. It was "like something out of a horror movie," said Cowell. "I now know that I need to improve my security. She could have had a gun." (EXPRESS)



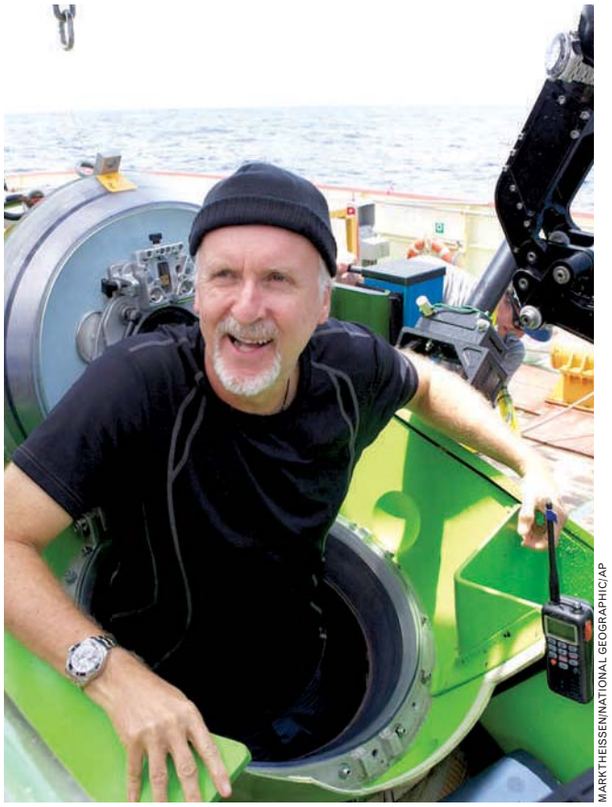
IAN GAVAN/GETTY IMAGES

"Pigs doing karaoke are more appealing than you, wandering with that brick."

Arrests

Brown Gets DUI, Too Soon to Joke

Bobby Brown was arrested Monday on suspicion of driving under the influence, according to the California Highway Patrol. Brown was taken into custody around 12:20 p.m. in the San Fernando Valley north of Los Angeles. An officer initially pulled Brown over after seeing him talking on his cellphone without a hands-free unit. (AP)



MARK THEISSEN/NATIONAL GEOGRAPHIC/AP

NEW FRONTIERS

'No One Had Ever Heard of Me Down There!'

James Cameron is now the first person to make a solo dive to the bottom of the Mariana Trench, seven miles below the surface of the Pacific Ocean. "My feeling was one of complete isolation from all of humanity," Cameron said Monday after completing the dive. "It's a very weird environment." A hydraulic failure kept Cameron from collecting rocks and critters and bringing them back to land. (AP)

SISTERHOOD

'We're Both Skinny Brunettes Around Whose Uteri Nations Revolve'

Angelina Jolie loves Prince William and the Duchess of Cambridge so much that she has a framed portrait of them at her chateau and wants to produce a Kate Middleton biopic, the Sun reported. Said a source: "Angelina's fascinated by her and says she has a wonderful aura. She loves her look and common touch." (EXPRESS)

"I've worn this same ring on this finger since November! It's a topaz people!"

—MILEY CYRUS TWEETS TO END RUMORS THAT SHE'S ENGAGED TO LIAM HEMSWORTH. SHE WAS SEEN WEARING A SPARKLY RING THIS PAST WEEKEND.

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"Thank you Express advertising department. Finally, an ad with immediate impact! As a small business, PCRetro Inc. spends our money wisely, and the day our ad ran in your paper, our phones were off the hook and the cash registers were ringing in all our stores. That's proof of money well spent! We greatly appreciate what advertising in Express has done for our stores, and look forward to more ads to follow with the same grand success."

— Christopher Scott, Owner, PCRetro Inc.

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COMPLETED DESIGN OF 428 NEW 7000 SERIES RAILCARS • OPENED NEW RAIL OPERATIONS CONTROL CENTER • INSTALLED NEW CONCRETE PAVERS AT SHADY GROVE AND ROCKVILLE • REPAIRED PLATFORM EDGES AT TWINBROOK AND WHITE FLINT • **IMPROVED THE LIGHTING AT SEVERAL STATIONS INCLUDING CLARENDON, ROSSLYN, WOODLEY PARK, MEDICAL CENTER, FEDERAL CENTER SW AND CAPITOL SOUTH** • INSTALLED NEW FIBER OPTIC CABLE FOR IMPROVED CELL PHONE COVERAGE • SERVICED TUNNEL FANS • IMPROVED THE VENTILATION AT FARRAGUT NORTH, JUDICIARY SQUARE AND UNION STATION • REPLACED WORN RAIL FASTENERS • REHABBED ESCALATORS AT FARRAGUT NORTH, DUPONT CIRCLE, JUDICIARY SQUARE, WHEATON AND FEDERAL CENTER SW • REMOVED GRAFFITI • **INSTALLED 36 NTSB-RECOMMENDED MAINLINE NO. 8 SWITCHES** • TUNNEL LEAKS ON THE RED LINE •REHABILITATED THE ESCALATORS AT METRO CENTER AND ACE • LAUNCHED NEW METROALERTS SYSTEM FOR BUS & RAIL • NEW PARKING GARAGE AT RHODE ISLAND AVE • **INSTALLED 3 NEW ESCALATORS AT FOGGY BOTTOM** • REPLACED SIGNAGE • REPAIRED CONCRETE SLABS BENEATH THE RAILS • YELLOW LINE BRIDGE INSPE REPAIR • REPLACED WORN WOODEN RAIL TIES •RENEWAL OF THIRD-RAIL INSULATORS • THE ESCALATORS AT JUDICIARY SQUARE •INSTALLED FIFTEEN MILES OF NEW RUNNING RA REPAIRED FLASHING PLATFORM LIGHTS AT MULTIPLE STATIONS •UPGRADED THE CLOSED SYSTEMS AND PUBLIC ADDRESS SYSTEMS AT RHODE ISLAND AVE. AND UNION STATION •N & AIR CONDITIONING AT UNION STATION • NEW UNINTERRUPTED POWER SYSTEMS AT D AVE. AND UNION STATION TRACTION POWER SUBSTATIONS • INSTALLATION OF NEW RHODE ISLAND AVE • **ONGOING REPLACEMENT OF TRACK CIRCUITS ON THE RED LIN** NSTALLED NEW ADA BUMPY TILES AT TENLEYTOWN AND DUPONT CIRCLE STATIONS • RO BRIDGE STRUCTURE REPAIR AT CHEVERLY STATION • INSTALLATION OF NEW SWITCHES ND SIGNALS FOR THE SILVER LINE (DULLES EXTENSION) • IMPROVED CUSTOMER ACCESS VIENNA STATION • **REHABBED ESCALATORS AT UNION STATION, FRANCONIA-SP VIRGINIA SQUARE ARLINGTON CEMETERY** • OPENED NEW BUS GARAGE CAN NCE AT NORTHERN BUS GARAGES • LAUNCHED NEW SMARTRIP® ONL HASE • LAUNCHED **INTRODUCED FARRAGUT CROSSING** • R PIERS AT RHODE REAL-TIME ONLINE PARKING AVAIL T. TOTTEN STATION D SYSTEMS AT WOODLEY PARK, FE NTER SW, CAPITAL RYSTAL CITY AND KING STREET • CLE RAINAGE SYSTEMS

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